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Thursday, October 18, 2012
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METRO CELEBRATES SMALL BUSINESS WEEK
SEE INSIDE!

Jailed moms need tots

Another look. Minister says policies on babies and moms behind bars under review

GRAHAM LANKTREE
graham.lanktree@metronews.ca

Ontario's minister of correctional services, Madeleine Meilleur, said she was "touched" on Wednesday by a protest outside her office that called for prisoner Julie Bilotta to be reunited with her son born in an Ottawa jail cell last month.

"It is important to have that bonding for mother and infant," said Meilleur, who said she worked as a nurse in the delivery room of Montfort Hospital for 14 years.

"It's always a very special moment, it's a beautiful moment and should be kept this way."

Bilotta, 26, gave birth to a baby boy prematurely in a cell at the Ottawa Regional Detention Centre Sept. 29.

Protesters said her pleas of help were ignored by jail staff.

"I'm touched by all of those who want to stress the importance of the care of pregnant mothers in our facility," the minister said, adding she has her staff reviewing policies around visitation rights for mothers and infants.

The minister said she has brought in an outside team to review the case.

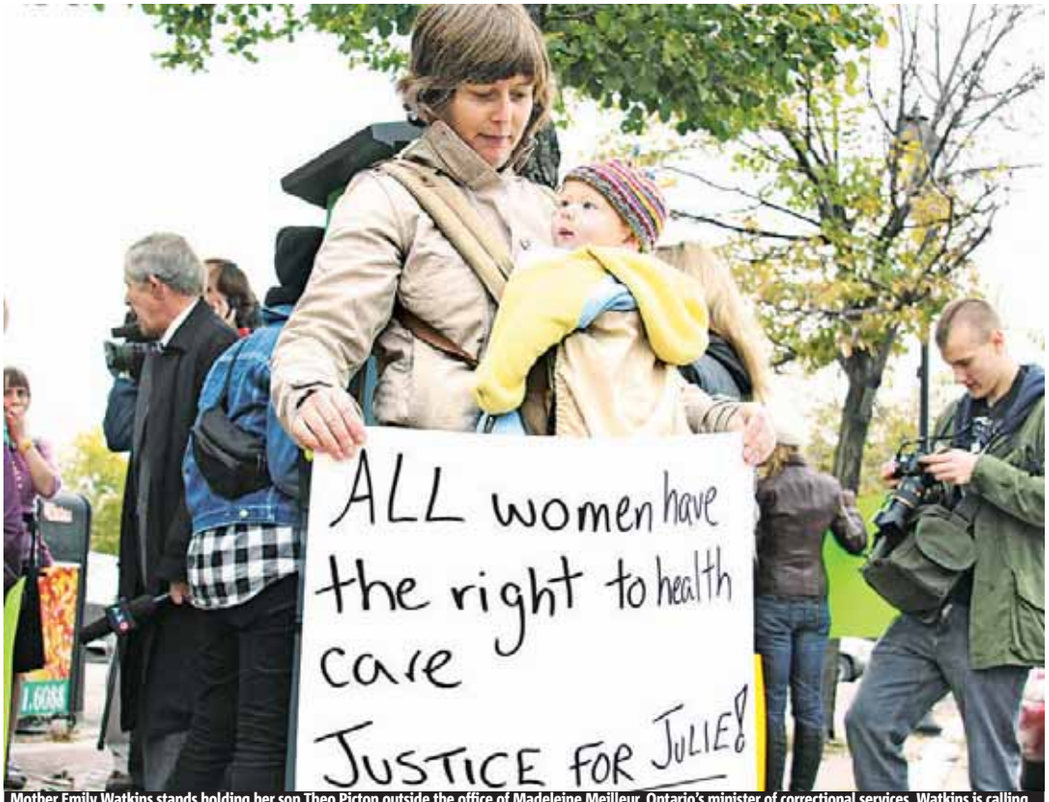
"She needs to be in a safe place where she can rock and cradle her infant," Dawn Moore, a representative of the group Mother and Baby Coalition for Justice, said of Bilotta, outside Meilleur's Vanier constituency office.

The minister said she couldn't comment on whether Bilotta would be given an early release considering what happened.

"When I gave birth to my six-month-old," said mother Emily Watkins as she held her son Theo Picton, "it was a way different experience. I was surrounded by my family support and trained medical professionals. Having to do that in a prison cell is just horrific."

Watkins said having contact between mother and child immediately after birth and in the days following is incredibly important.

"As soon as the baby is born they place it on your chest," she said. "The midwives said that contact between mother and child is important."



Mother Emily Watkins stands holding her son Theo Picton outside the office of Madeleine Meilleur, Ontario's minister of correctional services. Watkins is calling for inmate Julie Bilotta to be reunited with her infant. GRAHAM LANKTREE/METRO

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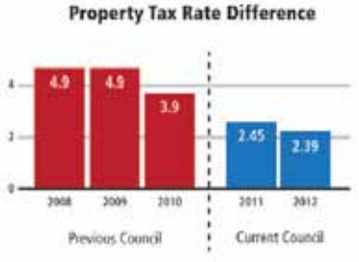

- Recreation fees frozen
- $14 Million to fight poverty and build new affordable housing
- Ottawa on the Move – A citywide transportation initiative to build and improve our roads, sidewalks and cycling network

Lansdowne Park Revitalization

- Work has begun to revitalize Lansdowne Park
- CFL and pro soccer franchises secured
- Significant increase in green space and trees
- FIFA Women's World Cup in 2015

Transit

- Light Rail tenders are out: Contracts to be signed in December; Construction to start in 2013
- Four-year labour deal signed with OC Transpo
- Expanding O-Train service
- New Double-Decker buses
- Lower fares for seniors
- U-Pass made permanent

Tourism

- Sports Hall of Fame, Rink of Dreams and Barbara Ann Scott Gallery opened at City Hall
- Aggressive plan to attract major events:
  - NHL All Star Game
  - JUNO Awards
  - Women's World Hockey Championship
  - Men's Basketball Championship
- Canada's 150th Anniversary Task Force created

Safe Communities

- Public satisfaction rate of 81% for quality of police services
- Violent crime rate down 5% between 2010 and 2011
- Named Canada's best place to live by MoneySense magazine

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HIV sex-assault trial witness: 'My heart dropped'

An alleged victim in the Steven Boone trial broke down in tears Wednesday as he told a jury how shocked he was when someone told him the man he was sleeping with was HIV-positive.

"My heart dropped," said the 20-year-old.

He said Boone's roommate broke the news to him while he was on the 95 Baseline bus.

"He said, 'You can't have sex with him because he's HIV-positive and he's got STDs up the wall,'" said the young man, whose voice drifted off as he became emotional. "I remember saying, 'No, no.'"

Boone is accused of attempted murder and administering a noxious substance — HIV — to three men between January and April 2010. He is also accused of aggravated sexual assault on two of the same men and three others. Boone has pleaded not guilty.

The Crown argues Boone gave the man HIV and exposed the "realistic possibility of infection" to five other men.

The man said he met Boone in January 2010 and engaged in unprotected sexual intercourse about nine times. In eight instances, he said he asked Boone if he had HIV.

Boone's answer was the same every time, he said.

"It was always that he was clean," he said.

The Crown said Boone tested positive for HIV in October 2009.

In cross-examination, Boone's lawyer asked the man why he didn't tell another sexual partner that he might have contracted HIV from someone after being told Boone had the disease.

"We used protection," he answered, adding condoms are sufficient to cover risk of infection. JOE LOFARO/METRO

Community comes together to address rising gang violence

Crime. Some say Ottawa should adopt anti-gang strategies of larger cities

GRAHAM LANKTREE
graham.lanktree@metronews.ca

By the numbers

34

Number of shootings in Ottawa this year.

Despite Ottawa's falling crime rate, gang-related shootings are on the rise and police and city officials gathered Wednesday for a two-day symposium to discuss what can be done.

"We are fortunate here in Ottawa to have one of the lowest crime rates in the country according to stats Canada," said mayor Jim Watson as he opened the public forum Taking Action Together: Addressing Gangs in Our City Wednesday night.

"There has been more than a 30 per cent increase in shootings this year," he said. "Half of those shootings have been gang-related and we have 473 gang members with an average age of 25."

In Ottawa this year there have been 34 shootings, representing a 36 per cent increase over 25 in 2011. There are 15 to 19 identifiable gangs working in Ottawa, said Staff Sgt. Mark Patterson, head of the Ottawa police guns and gangs unit.

"We do live in a safe city," said Ottawa Police Chief Charles Bordeleau, "but the issue of gangs and violence associated with it is something we should face head-on."

Bordeleau said long-term solutions to rising gang violence require collaborative effort with the community. Partnerships between parents, schools and religious institutions are key. "To address this issue we need comprehensive early identification, education, prevention, diversion, suppression and exit strategies," he said. "This forum is to gather ideas and recommendations collectively."

Community members such as Wendy Robinson came out to share their ideas. "We didn't have gangs just a few years ago. I came to share the work of the Way to Happiness Foundation," she said. "It's a program based on 21 precepts that help to calm neighbourhoods and give people another way to deal with their poverty."

Robinson said the program has been at work everywhere from L.A., which has 22 times the number of gang members as Ottawa, to Colombia. "We would love to partner with Ottawa. The police in Toronto have worked with the program."

Ottawa Police Chief Charles Bordeleau prepares to speak at Taking Action Together: Addressing Gangs in Our City. The two-day symposium on gang violence in Ottawa runs Oct. 17-18. GRAHAM LANKTREE/METRO

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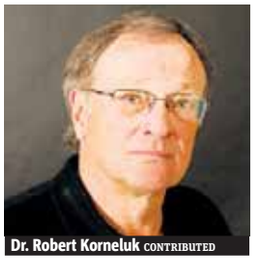
Health. Could anti-cancer drugs treat muscle disease?

Dr. Robert Korneluk and a group of researchers from CHEO and the Ontario Institute for Cancer Research have discovered certain anti-cancer drugs can be used to treat muscle disease.

"Cancer patients, particularly lung-cancer patients, tend to thin out and become emaciated. Their muscle is wasting away," said Korneluk. "We've found that this drug, used to treat cancer, may keep muscle from wasting away." The drugs target IAP genes, found in patients with cancer and muscle disease, which Korneluk helped discover in 1992. While studying the effectiveness of the gene-targeting drugs on cancer, Korneluk's team also began studying their effectiveness on the same gene in muscle disease.



Dr. Robert Korneluk CONTRIBUTED

ROSANNA HAROUTOUNIAN/METRO

'Significant'

LRT construction will cause traffic disruptions: City

We know there will be traffic and transit headaches during the LRT project — we just don't know the extent or the city's response yet. Transit committee chair Diane Deans said commuters can expect "significant" delays and detours during construction of the LRT, slated to begin in 2013. "There's going to be lots of disruptions. (But) in the LRT contract ... there were incentives built in to minimize the disruptions to the system," she said.

ALEX BOUTILIER/METRO

Court. Lansdowne Park Conservancy to seek appeal

The head of the Lansdowne Park Conservancy group is ready to take its fight over the redevelopment project to the Supreme Court of Canada, but the City of Ottawa isn't worried just yet.

John Martin lost his battle with the Divisional Court on April 3, when a panel of three judges dismissed his application, calling it an abuse of process. Martin's fight for open competition was dealt another blow on Aug. 28 when a panel of three judges denied his application to Ontario's highest court.

Now, Martin must demonstrate his case is of national concern if he wants to seek leave to appeal to the Supreme Court of Canada.

Martin has 60 days from Aug. 28 to file his application to Canada's highest court and the city will have 30 days to respond to it. JOE LOFARO/METRO

Meredith St. Denis and Brian Strom of Community Mediation Ottawa said that breaking down fences makes for good neighbours. GRAHAM LANKTREE/METRO

Neighbour mediation, not flaming dog poo

Both sides. New Ottawa group proposes alternative to retaliation: conflict resolution

GRAHAM LANKTREE
graham.lanktree@metronews.ca

Maybe they play their music too loud, maybe their dog poops on your lawn, but everyone has had a neighbour they just can't stand.

"Neighbourhood conflicts can escalate, and escalate quickly," said Brian Strom, the organizer of Community Mediation Ottawa launching Thursday.

"Misunderstandings happen and there can be retaliation. There is an alternative before a bag of dog poo is on fire on your doorstep."

First resort, not last resort

"It's good to have this as a first resort before things build. When people come earlier, they have a better chance of reaching a resolution."

Brian Strom, organizer of Community Mediation Ottawa

To avoid escalating conflicts without fighting, going to court or giving up and moving, community mediators can help both sides find common ground. "We're not there to decide who is right and wrong," said Meredith St. Denis, a volunteer mediator with the group. "When it can be done in a non-accusatory way, it helps to have a different kind of discussion."

Calling a lawyer, the police or bylaw officers to issue a notice doesn't work in many situations, Strom said.

The service is free and operated by the Canadian Institute for Conflict Resolution. Community Mediation Ottawa holds an open house launch Thursday, Oct. 18, from 5 p.m. to 7 p.m. at 464 Metcalfe St.

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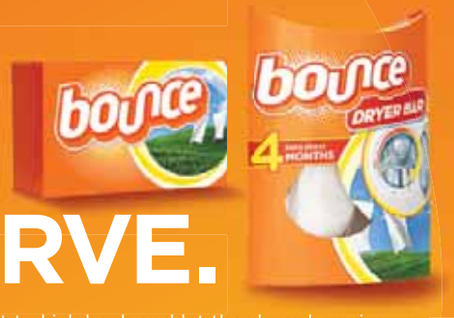

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XL scandal puts city 'in crisis mode'

Widespread beef recall. Brooks, Alta., in turmoil as workers are laid off again: 'There's desperation in their eyes,' says mayor

The mayor of the southern Alberta city of Brooks says the community is in turmoil as it prepares for the human cost of troubles at the XL Foods beef plant.

Workers at the plant, which is at the centre of an extensive beef recall and E. coli scare, were laid off again Wednesday as food-safety officials prepared to review whether the meat packer can reopen.

"We're in crisis mode," said Mayor Martin Shields.

"There are so many of those people who have come to our country. They've made a life for themselves. There's lots of local people who work there, too."

Shields said it will become increasingly difficult for the 2,200 workers to pay for rent, mortgages and the necessities of life once they miss a paycheque.

"There's desperation in their eyes and they're looking to me to help resolve this thing and I can't resolve it."

The 2,200 XL workers were laid off last week. About 800 were recalled to work temporarily Tuesday to finish processing beef carcasses as part of a Canadian Food Inspection Agency assessment of the plant.

"The workers completed the job. They are now laid off again. We are waiting on the CFIA to decide when the plant can reopen," said Doug O'Halloran, president of the United Food and Commercial Workers union.

"I think the earliest we are looking at now is Friday or maybe Monday."

The recall of more than 1,800 products now involves 33 retail chains across Canada. THE CANADIAN PRESS

Taking a trip to court

Two lawsuits, including a class action, have been filed in British Columbia related to the XL Foods beef recall.

- **One.** Vancouver resident Erin Thornton has filed a statement of claim in B.C. Supreme Court proposing a class-action lawsuit for people who fell ill from E. coli and those who had to throw out recalled beef.
- **Two.** A lawsuit was filed on behalf of 15-year-old Cody Farmer from Nanaimo, B.C., who allegedly required surgery after he was exposed to E. coli.

For a young suspected crack addict, help is at hand

Is he ashamed or just trying to hide his identity? This young suspected crack user is escorted by a welfare worker to a van that will take him to a shelter near the Parque Uniao slum in Rio de Janeiro on Wednesday. Health officials are locating hundreds of crack addicts suddenly left without drugs after police occupied the city's dangerous slums this week. FELIPE DANA/THE ASSOCIATED PRESS

Baby blues. Childless couples seek docs' help

Almost one in seven Canadian couples trying to have a child seeks medical help to conceive, including using in-vitro fertilization, says a Statistics Canada report released Wednesday.

Age was a big factor: Data show couples in which the woman was aged 35 to 44 were two to three times more likely to seek help than were couples in which the woman was 25 to 29.

The survey also found childless couples were four to five times more likely to seek medical assistance than were those with at least one child.

More couples are delaying childbirth. Since 1984, the percentage of first-born children with mothers aged 35 or older has tripled to 11 per cent, the report says.

THE CANADIAN PRESS

Some hangover! 50-day binge sparks alleged flap

A Ukrainian man, hung over from a 50-day drinking binge, sparked an uproar on a Delta Air Lines flight and had to be wrestled to the floor by passengers, it's alleged.

Anatoliy N. Baranovich, 46, woke up during the plane's descent to Salt Lake City, started yelling in Russian and tried to open the rear exit door, damaging the plane's fuselage, a criminal complaint says.

According to the document filed in court, Baranovich had been visiting family in the Ukraine for several weeks in an attempt to begin construction on a house.

Unsuccessful, he instead got drunk for the entire 50 days and "never sobered up."

A detention hearing has been scheduled for Friday.

THE ASSOCIATED PRESS

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Evacuated. U.S. Embassy in Stockholm receives unknown powder in mail

The U.S. Embassy in Stockholm was evacuated Wednesday after receiving a letter containing an unknown substance, police said.

Bomb-disposal experts were sent to the embassy to remove the letter and analyze its contents. Streets around the embassy were closed but reopened after police had removed the letter.

Police declined to give details on the content, but spokesman Daniel Granstrom told Swedish tabloid Expressen it contained some kind of "powder." Asked if the substance was dangerous, he said "it may have been dangerous, but it's not dangerous now."

An embassy spokesman said the embassy was evacuated and that officials were investigating "a possible security incident."

THE ASSOCIATED PRESS

Swedish police and emergency workers arrive at the U.S. Embassy in Stockholm on Wednesday to investigate a suspicious package.

CLAUDIO BRESCIANI/THE ASSOCIATED PRESS

Human Rights Watch. Libyan rebels executed Gadhafi fighters: Report

Libyan rebels appear to have "summarily executed" scores of fighters loyal to Moammar Gadhafi, and probably the dictator himself, when they overran his hometown a year ago, a human rights group said Wednesday.

The 50-page report by Human Rights Watch on alleged rebel abuses that followed the October 2011 capture of the city of Sirte in the final major battle of the eight-month civil war is one of the most detailed descriptions of what the group says were war crimes committed by the militias that toppled Gadhafi, and which still play a major role in Libyan politics today.

THE ASSOCIATED PRESS

Probe of leftist leader another clear sign of Kremlin crackdown

Russian propaganda?

Political activist, who has led several anti-Putin protests, denies charges stemming from Kremlin-friendly documentary

In a new sign of a widening Kremlin crackdown on the opposition, investigators on Wednesday opened a criminal probe against leftist leader Sergei Udaltsov and several other activists for allegedly planning mass riots.

Russia's top investigative agency said it also will investigate claims made in a recent documentary aired by a Kremlin-friendly TV channel that opposition leaders worked with Georgian officials to prepare terrorist attacks across Russia.

Udaltsov, 35, a leather-clad, shaven-headed leader of the Left Front opposition movement, has denied the charges stemming from the documentary, which he said was a sham.

The agency did not say whether Udaltsov and others had actually carried out any of their alleged plans.

The criminal case comes as the opposition is bracing for an online election of its co-ordination council this weekend. Udaltsov is running.

Udaltsov, who wore a Stalin T-shirt for his wedding, has led anti-Putin protests for several years, focusing on unsanctioned marches and rallies.

A great-grandson of a Bolshevik revolutionary, he has been arrested more than 100 times during his political career and spent months in prison. He has launched many hunger strikes while in custody.

Investigators, backed by armed men wearing ski masks, searched Udaltsov's apartment in south Moscow for more than five hours on Wednesday. The home of his parents was also searched, said Violetta Volkova, Udaltsov's lawyer.

"I'm going to hold on until the end, and I won't be quiet," Udaltsov said as he left his home for questioning escorted by masked armed police. "It's a wave of new repression."

In addition to Udaltsov, the criminal investigation is targeting two other leftist activists; one of whom, Konstantin Lebedev, was detained for 48 hours following brief questioning, Volkova said.

THE ASSOCIATED PRESS

Footage in question

The documentary aired last week on NTV, a channel seen as a propaganda arm of the Kremlin.

- **Raising funds.** It showed what it says was footage of the Left Front leader meeting with officials from neighbouring Georgia to discuss raising funds for protests against President Vladimir Putin.
- **Demonstrations.** In late 2011 and early this year, a series of massive peaceful demonstrations against Putin were held in Moscow and drew more than 100,000 people.

Russian opposition leader Sergei Udaltsov is escorted by police officers for questioning in Moscow, Wednesday. In a new sign of a widening crackdown on Russia's opposition, investigators opened a criminal probe against the leftist leader and several other activists for allegedly plotting mass riots.

MIKHAIL METZEL/THE ASSOCIATED PRESS

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Multivitamins spring a cancer surprise

Multivitamins modestly lowered the cancer risk in a group of doctors who took them for more than a decade, a new study says. THE ASSOCIATED PRESS

Risk cut by 8 per cent. But is popping these pills as effective as good diet and exercise? Experts say another study needed

Are multivitamins a perfect prescription for good health?

They modestly lowered the risk of cancer in healthy male doctors who took them for more than a decade, a study has found.

The result is a surprise — many studies of individual vitamins have found they don't help prevent chronic diseases and some have even caused problems.

In the new study, multivitamins cut the chance of developing cancer by eight per cent.

That is less effective than a good diet, exercise and not smoking — each of which can lower cancer risk by 20 per cent to 30 per cent, cancer experts say.

Quoted

"I'm not sure it's significant enough to recommend to anyone."

Dr. Ernest Hawk, University of Texas cancer-prevention expert
on his doubts about the importance of the findings

Multivitamins also may have different results in women, younger men or people less healthy than those in this study.

About one-third of U.S. adults and as many as half of those over 50 take them. They are marketed as a kind of insurance policy against bad eating.

Experts said the results need to be confirmed by another study before recommending multivitamins to the public.

THE ASSOCIATED PRESS

Blood pressure

Men control it, older women fail

Older women in Canada are less successful than older men at controlling high blood pressure, a new study suggests.

And the researchers don't know why. One, Dr. Norm Campbell, said the hypertension finding is "a head-scratcher."

"I was shocked when I saw that data. I would have predicted that men would have been more uncontrolled than women," said Campbell, professor of medicine at the University of Calgary.

Researchers said the findings suggest that there may be some biological difference at play and that older women may need more medication.

THE CANADIAN PRESS

Stork rides the rails

Baby born on a subway train

It was definitely an unusual arrival on a Philadelphia subway line.

Police say a woman riding the Broad Street line told officers she gave birth aboard a train Tuesday afternoon.

Transit police officer Loyd Rodgers and his partner gave the stork a helping hand after the woman approached them at the Olney station. Nestled in her clothing was her baby boy, umbilical cord still attached.

Rodgers wrapped the newborn in a blanket and called for medics.

All activity in the busy station halted as riders snapped pictures.

Mom and her baby are doing fine at a hospital.

THE ASSOCIATED PRESS

Ink stinks. Scotland Yard officers get the order: No visible tattoos, please

The full force of the law has come down on … tattoos.

Scotland Yard has banned its officers from sporting visible tattoos.

The Yard says it damages the professional image of Britain's top police force.

The force said Wednesday the Metropolitan Police will no longer permit tattoos on the face or hands or any that appear above the collar line.

It said all other tattoos must be covered.

The Yard said officers who already have visible tattoos will be required to "register" them in writing to their managers by Nov. 12 or face disciplinary actions for gross misconduct.

The force previously had prohibited tattoos deemed offensive to religion or beliefs or that could be construed as violent or intimidating.

THE ASSOCIATED PRESS

Too much? Certainly for Scotland Yard. CHRISTOPHER FURLONG/GETTY IMAGES

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RACHEL DÉCOSTE
For Metro
www.rachelD.ca

I'm a Canadian citizen, and have volunteered for the Liberals in Ontario and Quebec. But right now I'm in Michigan, as a volunteer working on U.S. President Barack Obama's re-election campaign.

One of the big differences between Canada and the U.S. is that Americans are not coy about which party they support. Canadians often feign being undecided when canvassers asks about their voting intentions; Americans will tell you point-blank, for example, that they are "not supporting a Muslim candidate who makes an assault on their religious rights." In fact, Canadians are so politically shy that it affects the pollsters, who actually have trouble predicting Canadian electoral results.

In Michigan, the people show their political colours quite vividly. So much so that in Detroit the Obama campaign long ago ran out of lawn signs. And in Toledo, Ohio, you can't get a lawn sign unless you actually donate your time to the campaign.

It's lucky that Americans are so engaged, because their voter registration process is time-consuming. The paperwork poses an obstacle to many would-be voters with low incomes. Thankfully, we Canadians haven't adopted this backwards bureaucratic burden that hinders participation in democracy.

Differences

"One of the big differences between Canada and the U.S. is that Americans are not coy about which party they support."

But most of all, as I work in the middle of American politics and I approach November 6, I find myself appreciating more and more our Canadian conception of health care, education and the social safety net at large. It differentiates us from our neighbours to the south. Thank goodness I am Canadian.

'Binders full of women' fails to pass truth test

Romney didn't ask for list. Names compiled by coalition of women's groups would have been handed to whoever won Mass. election in 2002

U.S. Republican presidential candidate and former Massachusetts Gov. Mitt Romney kisses a baby during a campaign stop at Tidewater Community College in Chesapeake, Va., Wednesday. CHARLES DHARAPAK/THE CANADIAN PRESS

Will "binders full of women" become legendary in American political folklore?

Democrats had their hopes up Wednesday following Mitt Romney's ham-fisted attempt to paint himself as an equal-opportunity employer during his second presidential debate against Barack Obama.

His poor choice of words set off a giddy eruption of social media mockery, lighting up Twitter and spawning a website, a Facebook page and even a song.

Democrats are hoping Romney's maladroit comment might damage his reputation among women, in particular. Female voters outnumber men in the U.S. and are playing a pivotal role in this year's campaign, with women's issues the focus of part of the debate on Tuesday.

Paul Ryan, Romney's No. 2, tried to tamp down some of the ridicule on CBS News on Wednesday morning by lauding his running mate's commitment to women.

"He has an exceptional record of hiring women in very prominent positions."

Not true, apparently. By the end of Romney's term in Massachusetts, the number of women in high-ranking positions was slightly lower than it was before he took office. The women he did hire were mostly in junior cabinet positions.

There were also no female partners at Bain Capital when Romney headed the company in the 1980s and 1990s.

THE CANADIAN PRESS

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Departs Nov 30/dl/ggv/ccl.

Long Stays

St Petersburg
Air + 21 Nights
$1469
Dolphin Beach Resort — incl $1341 base + $128 taxes & fees
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French Riviera Air + 21 Nights $1639
Heliotel Marine — incl $1077 base + $562 taxes & fees
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Pillar and Post — incl $378 base + $116 taxes & fees
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Prague Christmas Markets
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Big Bird costume sales flying high after U.S. debates

How to get to Sesame Street. The giant yellow bird is set to be a popular Halloween costume after mentions at U.S. presidential debates

Can't figure out how to dress as a binder full of women for Halloween? There's always Big Bird, the other star of the presidential debates.

The Yellow One is flying off the shelves after Mitt Romney's threat to do away with government support for PBS. President Barack Obama kept the Halloween dream alive Tuesday night when be brought up the bird again during their second debate.

At six feet, Angela Betancourt volunteered for Big Bird duty among a group of friends riffing on Sesame Street for a couple of Halloween parties and a meander along Lincoln Road in Miami Beach. She'll likely carry a suitcase as she passes out the popular kid character's resume.

Big Bird costumes are flying off the shelves after the U.S. debates. COURTESY SCOTT SPELLMAN/THE ASSOCIATED PRESS

"I grew up on Sesame Street and I think that PBS deserves all the funds it can get," said Betancourt, 30. "We all feel the same way."

Halloweencostumes.com sold out of several takes on Big Bird almost overnight after Romney's remark during the first presidential debate Oct. 3, said a company spokesman, Marlon Heimerl.

"In the past this hasn't been a very popular costume, so when Big Bird flew the coop in such high numbers, it was definitely a big surprise," said Heimerl, who would not provide specific sales figures.

Disguise Inc., Sesame Workshop's official costume maker, said interest is up among the thousands of retailers it services.

And sellers of unlicensed Big Bird ensembles, especially sexed-up versions, beware.

"The only costumes authorized by Sesame Workshop are with our licensee, Disguise, and we are working with our legal team on having the others removed from the market," said a spokeswoman for Sesame Street.

THE ASSOCIATED PRESS

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Texas attorney general cheering for Bible verses

Church and gridiron. State's top lawyer intervenes in lawsuit to allow cheerleaders to wave banners bearing Christian phrases at high school football games

Texas Attorney General Greg Abbott said Wednesday he will defend high school cheerleaders who want to use Bible verses on banners at football games.

Abbott has filed court papers to intervene in a lawsuit that cheerleaders at Kountze High School filed against the school district complaining that a new policy violated their freedom of speech.

In September, district officials told the cheerleaders to stop using Bible verses at football games after the Freedom From Religion Foundation complained.

The atheist group argued that using banners with phrases such as, "I can do all things through Christ that strengthens me," violates the First Amendment prohibition on the government establishing a religion.

After the school told the cheerleaders they could no longer use Bible verses, they filed suit in Hardin County district court. State District Judge Steve Thomas put a hold on the new school policy while he considered the arguments, and the cheerleaders continued to make the banners. He is expected to rule Thursday.

"This is student-led expression, and that's perfectly constitutional," Abbott said. "We will not allow atheist groups from outside the state of Texas to come into the state to use menacing and misleading and intimidating tactics to try to bully schools to bow down to the altar of secular beliefs."

"If the majority of the cheerleaders were atheists, would a court support their 'right' to hold up a banner insulting Christianity or all believers?" the group said in court papers.

THE ASSOCIATED PRESS

Governor's on board

Joining Abbott at a press conference Wednesday, Gov. Rick Perry said he supported the cheerleaders and denounced the Freedom From Religion Foundation.

- "Anyone who is expressing their faith should be celebrated, from my perspective, in this day and age of instant gratification, this me-first culture that we see all too often," Perry said.

Greek soccer clubs attract colourful sponsors

Players on Voukefalas, a small amateur soccer club, warm up before a local championship match in the city of Larissa, central Greece, on Oct. 7. Players are wearing bright pink practice jerseys emblazoned with the logos of the Villa Erotica and Soula's House of History, a pair of bordellos recruited to sponsor the team after drastic government spending cuts left the country's sports organizations facing ruin. One team took on a deal with a local funeral home and others have wooed kebab shops, a jam factory and producers of feta cheese.

NIKOLAS GIAKOUMIDIS/THE ASSOCIATED PRESS

Man charged over dinosaur fossils

A Florida man was charged Wednesday with smuggling dinosaur fossils into the United States, including a nearly complete Tyrannosaurus Bataar skeleton from Mongolia, federal prosecutors said.

Eric Prokopi, a self-described "commercial paleontologist" who buys and sells whole and partial dinosaur skeletons, was arrested at his home in Gainesville, according to a complaint unsealed by prosecutors. He was charged with smuggling goods into the U.S. and interstate sale and receipt of stolen goods.

He also faces one count of conspiracy to smuggle illegal goods, possess stolen property and make false statements. If convicted on all of the charges, he could face up to 35 years in prison.

THE ASSOCIATED PRESS

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Anti-child-porn team rescues child

Operation Snapshot. Police have already uncovered 'hundreds of thousands' of pornographic images

ROB BROWN
Metro in Regina

An interprovincial investigation team targeting online pedophiles rescued a Saskatoon child while working on 30 child-pornography cases.

Representatives from most of the 14 Canadian police operations that make up Operation Snapshot revealed details of their ongoing investigation on Wednesday at RCMP Saskatchewan division headquarters in Regina.

The operation spanned Alberta, Saskatchewan, Manitoba, Nunavut and the Northwest Territories.

"There were hundreds of thousands of images," said Det. Sgt. Darren Parisien, lead investigator with the Saskatoon police. He said most of the investigations involved some form of undercover work.

Det. Sgt. Darren Parisien of Operation Snapshot, an anti-child-porn police initiative. ROB BROWN/METRO IN REGINA

"They involved us going to places where people are sharing and creating child pornography," said Parisien.

"We are undercover posing as children and posing as offenders. We go where kids go. That's where predators go."

Charges stemming from the investigations include sexual assault, indecent exposure, invitation to sexual touching, Internet luring, making child pornography, as well as accessing, possessing and distributing child pornography.

Parisien said one offender caught with a 14-year-old child in Saskatoon has already pleaded guilty to charges and is currently serving a 30-month sentence.

RCMP Insp. Pierre Leduc of the Canadian Centre for Missing and Exploited Children, said the operation's primary focus was to help children. "This sends a message to those at large today," said Leduc.

Parisien said that many of the images were of children under 12 and that he's seeing a much more horrifying trend in the photos.

"We're seeing infants and toddlers — children who can't speak yet," said Parisien. "Disturbing."

Parisien said while the images come from every corner of the world, it is mostly "homegrown" child pornography from North America.

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Claims of racism

Serbian PM looks for justice

Serbia's prime minister has ordered a police probe into the scuffle and allegations of racist abuse during a Serbia-England under-21 football match, but said it was too soon to say whether the claims of racism were true.

Ivica Dacic said Wednesday that all those who took part in the scuffles that broke out on the pitch between the players and officials from both teams after Tuesday's match must be identified and brought to justice.

THE ASSOCIATED PRESS

Unarmed

Toews won't jump the gun

Public Safety Minister Vic Toews says he's not interested in speeding up the arming of border guards, despite the shooting Tuesday that sent a guard at a B.C. crossing to hospital with a gunshot wound.

THE CANADIAN PRESS

Germany

Alleged rape victim escapes: Police

Police say a 17-year-old girl who was kidnapped after she left a club in northern Germany and allegedly raped while in captivity has escaped.

Officials said Wednesday they have arrested a 28-year-old suspect with a previous rape conviction. He is alleged to have kidnapped her at knifepoint in Rostock on Friday night and taken her to his apartment, where he beat her up and tied her up. THE ASSOCIATED PRESS

27-hour-long standoff

Man charged in armed abduction

A man is facing multiple charges after an armed kidnapping and 27-hour police standoff at an auto-repair shop in Whitby, Ont.

Police say the standoff began early Tuesday morning after officers tracked a suspect in an alleged abduction late Monday in nearby Clarington, Ont., to the Whitby auto shop.

THE CANADIAN PRESS

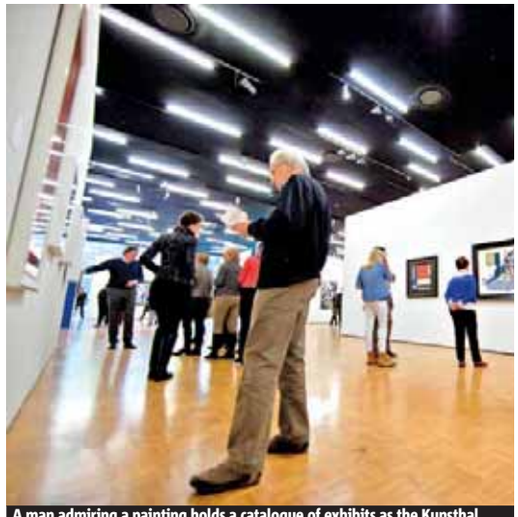
Largest art heist in over a decade hits Dutch museum

Art thieves on the loose. Millions of dollars worth of rare paintings stolen from art gallery

In Hollywood movies, heists usually feature criminals whose meticulous planning are used to avoid detection. But thieves who snatched seven paintings by Picasso, Matisse and Monet worth millions from a gallery in Rotterdam, the Netherlands, appear to have taken a less glamorous approach, relying mostly on speed and brute force.

Police said Wednesday they had no suspects in the case, the largest art heist in the country for more than a decade. The paintings they took are estimated to be worth roughly $100 million US if sold at auction.

THE ASSOCIATED PRESS



A man admiring a painting holds a catalogue of exhibits as the Kunsthal museum in Rotterdam, the Netherlands, on Wednesday. The gallery has reopened its doors following an art heist. PETER DEJONG/ASSOCIATED PRESS

Paul Gauguin

Girl in Front of Open Window

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U.S. Violent-crime rate up 18% over last year

The number of violent crimes unexpectedly rose by 18 per cent in the U.S. last year, the government said Wednesday, the first time that total has risen in nearly 20 years. Property crimes went up by 11 per cent, their first increase in a decade.

Academic experts cautioned that the new figures do not necessarily signal an end to the long era of declining crime.

The increase in violent crime was the result of an upward swing in assaults, which rose 22 per cent, from 4 million in 2010 to 5 million last year. The incidence of rape, sexual assault and robbery remained largely unchanged, as did serious violent crime involving weapons or injury.

The U.S. Bureau of Justice Statistics said the percentage increases last year were so large primarily because the 2011 crime totals were compared to historically low levels of crime in 2010. Violent crime has fallen by 65 per cent since 1993, from 16.8 million to 5.8 million last year.

THE ASSOCIATED PRESS

Perspective

"2011 may be worse than 2010, but it was also the second best in recent history."

James Alan Fox, Northeastern University criminology professor

An increase in violent crime was the result of an upward swing in assaults, which rose 22 per cent, from 4 million in 2010 to 5 million last year. THE CANDIAN PRESS FILE

Mexico

DNA of drug lord's parents sought

Mexico's top anti-drug prosecutor says authorities are seeking permits to exhume the remains of the parents of deceased drug lord Heriberto Lazcano, to obtain material for DNA testing.

Testing is aimed at confirming that a body stolen from a funeral home Oct. 8 was indeed Lazcano's. The navy says his body was identified through fingerprints after a shootout on Oct. 7. THE ASSOCIATED PRESS

Cyber-security

No specific threats named

The federal government is concerned about its own cyber-security, but the public safety minister refused to say Wednesday where the potential threats are coming from. While the U.S. and other countries have publicly called out Chinese-owned firms as being among the dangers, Vic Toews said he sees no reason to name names — at least right now.

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CH PRE FRVAN	006294200022	$5.87 D
MIN MAID AJ	005960001006	$2.47 D
DM CARROTS	006000047200	$1.37 D
PRIMO SAUCE	005590000662	$1.47 D
FLKS HAM	006310023150	$2.17 D
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ORV BUTTER	005880748851	$3.47 D
FABRIC SOFT	005800000366	$4.97 J
CAT LITTER	007023011686	$7.98 J
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More money, more waiting for intensive autism therapy

A therapy known as intensive behavioural intervention can bring about dramatic improvements in the lives of children with severe autism, but the intervention must take place between the age of three and five. A long waiting list for treatment means more than 1,700 Ontario children are missing out. ISTOCK

Part 2 of a three-part series. Provincial funding for intensive behavioural therapy has jumped $110 million over 12 years

ALEX BOUTILIER
alex.boutilier@metronews.ca

When the Ontario government announced funding for intensive behavioural intervention therapy in 1999, $5 million was set aside for the program.

Twelve years later, the province says it is spending more than $115.7 million a year on the therapy, known as IBI, which helps young children with severe autism spectrum disorder learn to interact with the world. Since 2006, the government has spent $628.2 million on just this program alone, according to figures provided by the Ministry of Child and Youth Services.

Despite the influx of money, IBI providers are still grappling with massive waiting lists. As of June 2012, there were more families waiting for funding — some 1,702 — than the 1,417 families who were receiving it.

Dr. Eric Hoskins, Ontario's minister of child and youth services, says there is a host of programs available for families awaiting funding.

Dr. Eric Hoskins
TORSTAR NEWS SERVICE

"There's training available for the families themselves; there is preparation for the IBI treatment. Depending on their age, they may have access to other programs, for example, transition into schools," he says. "There's a whole set of services that we make available. IBI is one of them."

The average wait time, about two years, means some children will miss the crucial window between ages three and five when IBI is most effective — or families will be forced to pay out of pocket for the expensive therapy.

For that reason, Hoskins says, it's crucial to get a diagnosis early in a child's life. "Parents with children with autism and advocates for them have done a tremendous job at (raising) public awareness, so parents that have a concern about an infant or a young child have an earlier opportunity to actually seek and obtain a diagnosis," Hoskins says.

Progressive Conservative health critic Christine Elliott says the long-term benefits of funding IBI for children who need it outweigh the short-term upfront costs.

"This kind of therapy and other supports make the difference between (children) having a life either wholly or partly independent," she says. "It makes all the difference in the world, both in the costs to the system, of course, but (also) in terms of that person's happiness, their ability to function in society and have a complete and fulfilling life.

Christine Elliott
TORSTAR NEWS SERVICE

"You can't really put a price on that," she says.

Time not on their side

Wait list 'shouldn't exist': Autism Ontario

Every child who needs intensive behavioural intervention should have the therapy funded, says the executive director of Autism Ontario.

"The kids who need this service need this service," Margaret Spoelstra says. "The fact that we have kids waiting means that we're losing precious time."

Spoelstra says IBI can change the trajectory of a child's development dramatically.

"It gets you to a point where you can help that child to learn rapidly, and you have positive reinforcement both for the instructors, the therapists, as well as the families because they see their kids learning when they understand how to use (IBI's) tools."

ALEX BOUTILIER/METRO

By the numbers

Funding for intensive behavioural intervention:

- **2011-12:** $115.8 million
- **2010-11:** $117 million
- **2009-10:** $114 million
- **2008-09:** $110.6 million
- **2007-08:** $96 million
- **2006-07:** $74.5 million

Weighing resources against need

From funding 'all children' to some

The waiting-list issue is not a new one. It was flagged in a 2004 ombudsman's investigation into the IBI program. That report suggests the ministry was aware as early as 2000, when it signed contracts with regional service providers, that it overestimated the ability to meet demand.

The initial vision in 1999 was for "all young children with autism" in the province to be given "consistent, high quality, intensive early intervention services."

"The amended (2000) vision deleted the reference to 'all' young children, as well as the specific reference to 'intensive early intervention services,'" the report notes.

In response to the report, the Ministry of Child and Youth Services noted the intensive therapy was funded "to the level of available resources and not to the level of need."

ALEX BOUTILIER/METRO

Next up

- **Part 3 (Weekend):** Public-service providers and their role in making funding available for treatment of autism.
- **On the web:** Follow the series online at metronews.ca.

Wine production. Wonky weather devastates Europe's grape harvest

Drought, frost and hail have combined to ravage Europe's wine grape harvest, which in key regions this year will be the smallest in half a century, vintners say.

Thierry Coste, an expert with the European Union farmers' union, said Wednesday that France's grape harvest is expected to slump by almost 20 per cent compared with last year. Italy's grape crop showed a seven per cent drop — on top of a decline in 2011.

"Two big producing nations, France and Italy, have not known a harvest so weak in 40 to 50 years," Coste said. "All the major producing nations have been hurt."

France's Champagne and Burgundy regions were hard hit by weather conditions that particularly affected the prevalent Chardonnay grape, used to make the world's most famous sparkling wine and the luxurious whites from those regions.

In places where vintners were already facing a small margin of profit, many could be facing survival problems, said Coste of the Copa-Cogeca union.

"In certain regions, there will be many vintners in big difficulties because of the collapse of the harvest," he said.

Drought hit the Mediterranean rim hard this year, Coste said. "First and foremost, climate change or not, we see that we have ever more dry spells," he said. Making matters worse is that even winter was dry this time. "It was almost zero (degrees Celsius) in the south."

In the northern wine regions, it was the inverse, with cold and wet weather wreaking havoc. Hail in particular hurt the crops.

THE ASSOCIATED PRESS

Global impact

- The European wine harvest automatically has a global impact since it accounts for some 62 per cent of the worldwide wine production.
- About 2.5 million families live off the wine sector in Europe, making the dependency on the vagaries of weather a sometimes cruel business.

P.E.I. entrepreneurs remember slain men

The Stay Golden Apparel business team, from left, Alex Khan, Devin MacGregor and Coltin Handrahan, designed and sold custom T-shirts this summer to raise funds for a scholarship, in memory of Tanner Craswell and Mitch MacLean, that will be awarded at Colonel Gray High School in Charlottetown. MacLean, from Cornwall, Ont., and Craswell, from Charlottetown, were shot and killed in December 2011 on the side of a road near Claresholm, Alta. The two had moved to Alberta to play baseball. CONTRIBUTED/THE CANADIAN PRESS

New study

Quebec firms' tax burden is heaviest in Canada, U.S.

A University of Montreal business school study says Quebec companies are by far the most heavily taxed in Canada and the U.S., even after accounting for generous financial assistance from government.

The HEC Centre for Productivity and Prosperity says Quebec companies pay 26 per cent more in taxes than the Canadian average and face almost double the tax burden of U.S. companies. THE CANADIAN PRESS

Market Minute

DOLLAR 102.25¢ (+0.91¢)

TSX 12,461.24 (+53.55)

OIL $92.12 US (+$0.03)

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Natural gas: $3.47 US (+3.3¢)
Dow Jones: 13,557 (+5.22)

Lytro's 'living pictures' can be refocused

Digital photography. New camera is popular with tech and photo enthusiasts, but will it click with mass market?

Its makers say it represents "the first major shift in photography since the invention of photography." But a skeptic might say it just sounds a little gimmicky.

It's called Lytro, a boxy digital camera that takes so-called "living pictures." Basically, photos can be refocused at any time after they're taken, so something in the foreground can be made sharp with the background blurred, or vice versa. Interactive Lytro photos can be shared online for friends and family to interact with.

The effect is possible because the Lytro is a light field camera, explains director of photography Eric Cheng. "The light field is defined as all of the light travelling in every direction at every point in space — and the key component there is direction," Cheng says.

"Light field is what travels through a traditional camera but (the camera) throws away most of the information, you have a bunch of different light rays hitting one point and they all get averaged into a colour. But if it were possible to separate those light rays out, the data you'd be capturing would be this rich light-field data they've been talking about in computer-graphics theory for decades."

The Lytro is a digital light field camera that takes so-called "living pictures" that can be refocused after shooting. LYTRO

The Lytro first went on sale in the U.S. about a year ago and was released in Canada last week, with an eight-gigabyte version selling for about $400 and a 16-gigabyte model going for $500.

Many tech and photography enthusiasts rushed out to buy one, but now the firm is trying to go after the mass market. Cheng concedes the Lytro will be pushed as a second camera for consumers, not a replacement for low-end point-and-shoots or full-featured digital SLRs. THE CANADIAN PRESS

Nerve centre. Google offers online peek at its data facilities

Google is opening a virtual window into the secretive data centres where an intricate maze of computers process Internet search requests, show YouTube video clips and distribute email for millions of people.

The unprecedented peek is being provided through a new website unveiled Wednesday at google.com/about/datacenters/gallery. The site features photos from inside some of the eight data centres that Google Inc. has running in the U.S., Finland and Belgium. The facilities represent Google's nerve centre, although none is located near the company's headquarters. THE ASSOCIATED PRESS

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FIGHT FOR WHAT'S RIGHT — EVEN IF IT'S TRIANGULAR

HE SAYS...
John Mazerolle
metronews.ca

All this presidential-debate talk has me thinking of the one time I took part in an organized debate, which dealt with the age-old question that has haunted humanity since it first crawled out of the muck: "Circles or triangles?"

That was the actual topic at a debate tournament at a private high school several years ago. I was a "celebrity" judge, because Justin Bieber was not available.

Going in circles

While youth are often accused of being apathetic about the important issues facing our world, that debate included a group of students who were concerned — nay, tormented —about the nation's shape-related issues.

While youth are often accused of being apathetic about the important issues facing our world, that debate included a group of students who were concerned — nay, tormented — about the nation's shape-related issues.

It was inspiring.

Even debates as goofy as that one are heartening to me. Say what you will about U.S. debates and how they contain fewer actual facts than the back of a cereal box; it's still two or more people going toe-to-toe in a real back-and-forth with passion and knowledge and (some pieces sold separately) ideas.

We could use more of that.

Instead, we're taught that there are a bunch of places where it's not polite to argue (family picnics, Facebook feeds, funeral homes). And if you're in a bar or some other acceptable debate location, most arguments degenerate quickly into volume competitions. There's a guy in my local pub that can be counted on to bellow — scream, really — "THE LIBERALS ARE THE NATURAL GOVERNING PARTY OF THIS COUNTRY!!!" at least once a week.

Though, in fairness, sometimes there's no one else there. He was talking to empty chairs before Clint Eastwood made it cool.

With this sad state of affairs, everybody should learn the finer skills of debating.

Whether you dream of one day being a world leader or you just want to goof around in a meaningless Liberal leadership race, here are some tips to drive your points home.

- Presentation matters. In 1960, radio listeners thought Richard Nixon won his debate with John F. Kennedy. But in a historical twist not often mentioned, people watching on TV thought Kennedy won, because they could see that Nixon kept kicking his dog, Checkers.
- Respect your opponent, not their ideas. This is obvious in the political arena, but often forgotten in day-to-day life. Lots of people say, "You don't have to agree with me, but you have to respect my opinion," even if they're talking about how their magnetic bracelet reinvigorates their energy force field or how much they miss Charlie Sheen on Two and a Half Men. Remember what Voltaire said: "I disapprove of what you say, but I will defend — wait, you like Two and a Half Men. BWAHAHA." I'm paraphrasing.
- Get your zingers in. It shouldn't be all about zingers, but sometimes a little sauce makes the meal more memorable. Compare: "Mr. Speaker, our subcommittee's research has shown the opposition's numbers to be skewed at best," to "Mr. Speaker, up your nose with a rubber hose." Check and mate.

Now that you have these helpful tips, get out there and argue. Do it for yourself! Do it for your generation! And, most importantly, do it for the triangle!

Because what's right is right.

Artist gets under their skin

GETTY IMAGES

Hirst's avenging angel

Pregnant women exposed in statue

Damien Hirst, the world's richest artist, unveiled his new work in Ilfracombe, England, on Wednesday.

Verity, a 19.8-metre bronze statue of a pregnant woman with her insides exposed, represents "truth and justice," he said. There have been more than 100 complaints from locals, while critics have labelled it a "dictator fantasy." METRO

The artist explains

"I know it's not for everyone, but I really hope that over time it will become accepted by the community and will benefit the town."

Damien Hirst, 47, British artist
Hirst lives part-time in Ilfracombe, where he owns a seafood restaurant. It is hoped the statue will increase tourist numbers for the town.

Hirst hits

- **The Physical Impossibility of Death in the Mind of Someone Living (1991).** A tiger shark in a glass tank of formaldehyde, given a Turner Prize nod.
- **For the Love of God (2007).** Skull encrusted with more than 8,000 flawless diamonds, with a sale price of $100 million US.

Metropolitan Panel

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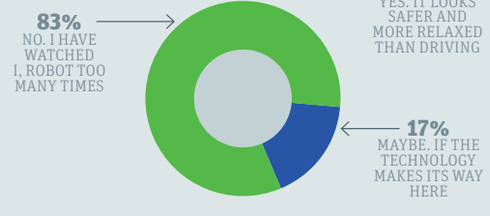
83%
NO. I HAVE WATCHED I, ROBOT TOO MANY TIMES
0%
YES. IT LOOKS SAFER AND MORE RELAXED THAN DRIVING
17%
MAYBE. IF THE TECHNOLOGY MAKES ITS WAY HERE

Twitter

@jordoneil:
Really wanna take one of those double deckers! #octranspo #ottawa

@MattyTirrell:
@cbcallinaday keep your bins tidy Ottawa! And more conscientious about consumption. If Everyone does a little no one does a lot. #easy

@Ottawa_365:
Just realized I have never bought beer at the beer store since moving to Ottawa.. So sad ... problem with living beside LcBO I guess

@MLAReid:
Standing on Parliament Hill amidst the Women are Persons statues reflecting 5 amazing nation builders. #bcpol #Ottawapic.twitter.com/QwriHWFi

@isabelleenei:
Throwing up in your mouth during your midterm #goodsign

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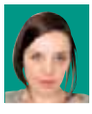
The nostalgic experience

Lee Demarbre will be sad to see cinema move into the digital age. CONTRIBUTED/LEE DEMARBRE

Mayfair Theatre. As the digital takeover nears, venue offers audiences movie-going experience the way it used to be



BACKSTAGE PASS
Jen Traplin
ottawa@metronews.ca

Details

- For show times and ticket prices, go to mayfairtheatre.ca or orleans.mayfairtheatre.ca.

Lee Demarbre, co-owner and programmer of both the original Mayfair Theatre and Mayfair Theatre Orleans, always dreamed of owning a movie theatre.

"When I was young, my dad was a military police officer and I wanted him to quit and become a projectionist because I thought, 'Well, I can watch movies for free up in the booth.' I thought that would be a really romantic place to watch a movie from," he remembers.

Four years ago, he and his partners bought the original Mayfair Theatre location on Bank Street and, just last year, opened a second location in Orleans.

The Mayfair offers audiences a nostalgic movie experience — there are no flashy arcades and most movies are shown on 35mm film.

"Our projectors are from the '40s. It's a beautiful way to watch a movie," says Demarbre.

Ticket prices are also considerably lower than other cinemas. The struggle for the Mayfair, Demarbre admits, is trying to convince movie-goers to wait two or three weeks to see a movie after it comes out.

"Hollywood has brainwashed the consumer that we have to see new movies the weekend it opens or it's not worth seeing at all. But, you know what? If you wait two weeks, you can see it for less than a third of the price. I think what's not cool is how expensive it is to see movies now."

Demarbre suspects other cinemas have been raising ticket prices in order to afford new digital projectors, a move that will be necessary by the end of the year when Hollywood stops producing movies on 35mm film in favour of digital technology.

"Within a month, we'll be the only cinema in Ottawa showing movies on 35mm. I think it's a real treat to see a movie that way," Demarbre says.

Eventually, both Mayfair Theatre locations will have to convert to the digital format. The theatres are hosting various events to raise the funds for new digital projectors.

And, though he accepts the switch to digital, Demarbre says it just won't be the same.

"You can Google the Mona Lisa and you can look at a high-res scan of it on the Internet, or you can go to the Louvre and appreciate it. That's what 35mm is to me."

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Cronin creates whole new fictional worlds

New book. The Twelve follows up on the hugely successful The Passage with new characters

DOROTHY ROBINSON
Metro World News

The way author Justin Cronin sees it, we have four main types of boogeymen.

"They come down to werewolves, monsters, zombies and vampires. They are the big four," says the engaging author from his home in Texas, where he is a distinguished faculty fellow at Rice University. "Of the four of them, the vampire story is the one with the best stuff."

So much stuff that Cronin was able to develop a highly regarded — not to mention highly profitable — trilogy based on the mythological beings.

The series began in 2010 with The Passage, a 784-page best-seller, and continues on this month with the publication of his massive follow-up, The Twelve.

In Cronin's futuristic dystopia, his vampires are known as virals: vicious, almost unstoppable monsters created by a government experiment gone horribly wrong who almost end all of humanity. In The Passage and now The Twelve, Cronin delves into two worlds: The time when the vampire plague was unleashed upon society and a hundred years into the future. His cast of characters numbers into the hundreds. Locations not only span coasts but decades and lifetimes. His word count is epic.

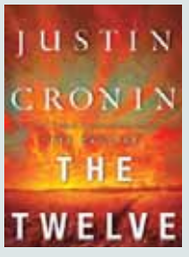
How does he keep it all straight?

"That was something I had to learn how to do," he says. "When I was writing the first book, I discovered my brain can naturally hold up to 800 pages of manuscript; at page 801, the top of my head flies off and I can't remember how to use the coffee maker. I had to grow a couple hat sizes to be able to do this."

Virals

The addition of the virals make the series into a horror thriller, but for Cronin the beasts are a way to get to the real meat of his tale: How does the human race survive when civilization ends?

- **Quote.** "I use the vampire story as a way to get to a post-apocalyptic story," Cronin says. "I really believed as a kid we'd all get incinerated; at that time it really looked like things would end."



Justin Cronin is releasing a new book called The Twelve. JULIE SOEFER

Lloyd Robertson opens up in The Kind of Life It's Been

New book. The former anchor of CTV's National News pens biography on the difficulties he has experienced

Throughout his six-decade career, Lloyd Robertson developed an unassailable reputation for delivering an authoritative account of the day's news.

His classic style in presenting "the kind of day it's been" became as distinctive as his rich baritone, and established the silver-haired anchor as the quintessential detached newsman.

Now retired from CTV National News and in a reflective mood with the release of his memoir, Robertson is delving into the little-known story behind his cool demeanour, a painful childhood that he says ingrained a steely ability to clamp down on emotion.

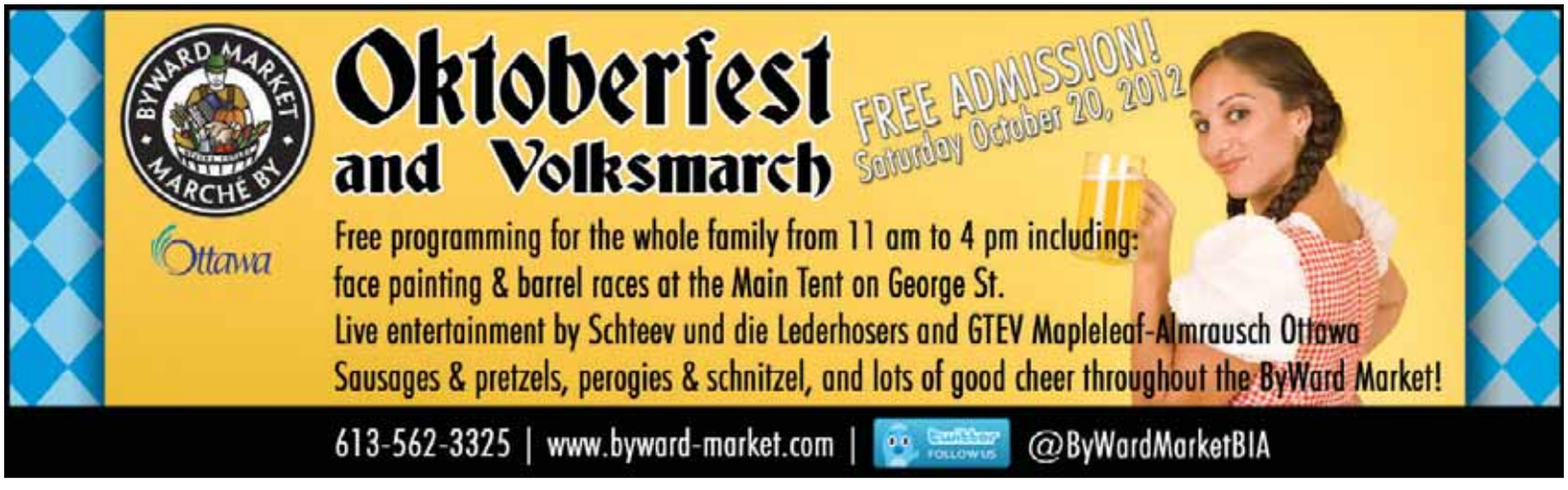
"For some reason I glommed on to radio as the place where I wanted to be," Robertson says of a troubled youth that sent him searching for escape.

"It opened a whole world to me that I didn't even know existed and I could live in that world of imagination and ignore what was happening around me on a close personal level at home."

Home was Stratford, Ont., where Robertson was born Jan. 19, 1934. His father was a 60-year-old machinist's helper with the Canadian National Railway. George Robertson already had eight children from a previous marriage, another son nine years Lloyd's senior, and a pension so meagre that the cupboards were often left bare, Robertson says in his biography The Kind of Life It's Been.

Among the revelations: before putting his voice to use on the radio, Robertson was part of a barbershop quartet as a teen; both the Conservative and Liberal parties tried to woo him into federal politics; Jean Chretien's office asked if he'd consider a seat in the Senate; and while at the CBC, a bout of nervous exhaustion. THE CANADIAN PRESS

Retired Canadian news anchor Lloyd Robertson has written a biography of his life. MICHELLE SIU/THE CANADIAN PRESS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Blue Rodeo remixing the 'cheesy' fan favourite Try as part of new box set

Music. Greg Keelor talks about why he remastered the hit song and the process for developing their new release of old music

Members of Blue Rodeo pose on the red carpet as they arrive at this year's Juno Awards. SEAN KILPATRICK/THE CANADIAN PRESS

It's a beloved Canadian '80s rock classic that's a mainstay on best-of lists but until recently, hearing Try would make Blue Rodeo's Greg Keelor cringe.

"It had a lot of cheese on it," explains the co-frontman in an interview alongside fellow crooner Jim Cuddy.

"Our first record Outskirts has that real '80s sound, it sounds like Tears for Fears were backing us up."

But not anymore. Keelor remixed Try and the other tracks on Outskirts for the new eight-disc box set Blue Rodeo: 1987 - 1993, which also includes remastered versions of the band's first five records, demos from the album Casino, and other previously unreleased material that hasn't been heard before.

"For me, I'd take cracks at every song we've ever done, basically. I'm a tinkerer by nature," says Keelor, who noted that Try wasn't really overhauled as much as it was refined.

"Mostly we were just getting rid of a lot of the studio technical gimmickry of that era — the '80s have a sound. The snare drum sound of the '80s was never our favourite, so it was sort of funny that our first record has that sound."

The band's first crack at working with a producer in a recording studio — with Terry Brown, who teamed up with Rush on nine albums — ended with the musicians accepting some sonic decisions they regretted.

"You get in those unfamiliar surroundings like a recording studio and you kind of listen to what's being said, 'This should be faster, slower you gotta put this 12-string guitar in,"' Cuddy says.

"And we just did because everything sounds nice in a studio, it may not be what you want, but it sounds nice."

One hard-fought victory that Cuddy did win was in adding a reverb effect to Try — although Keelor was eager to scrub it off for the remixed version.

"Jim was determined to have reverb on it ... so we put reverb on the whole track, everything had reverb — and a lot."

Keelor also tweaked the original sound of the organ in the song, which he thought had an over-the-top cheesy sound.

"It was nice to bring it back ... without all the cheese on it."

Looking back, early mistakes made while recording their debut and their follow-up Diamond Mine — when they grudgingly went along with some decisions to tweak their sound — were important, Cuddy said.

"It's happened to us a couple times in our career where we've given up control of something for what we thought were good reasons and it has never ended up being the case — but we have learned something very good from it," he said.

"We were entering, sonically, areas we really were not that comfortable with, that wasn't the way we sounded and it certainly wasn't the way we started. We started out to be the anti-music of that kind of music.

"What we learned was we never, ever ceded control to anybody again for our records."

The band is working on a new album at Keelor's farmhouse studio and appreciates that the release of the box set gives them more time to brainstorm new ideas.

"We can record very leisurely, we don't have a very heavy due date," Cuddy says.

"You can't have everybody be uptight (worrying about deadlines), you've got to explore ideas. Where we were at a month ago at his place is not where we are now. We do understand now what we're making." THE CANADIAN PRESS

Try again

Meanwhile, there's not one but two new versions of Try for fans to check out — sort of.

- **Rap music.** Rapper Maestro sampled Cuddy's vocals in Try for his track Reach for the Sky, off his Black Tuxedo EP.

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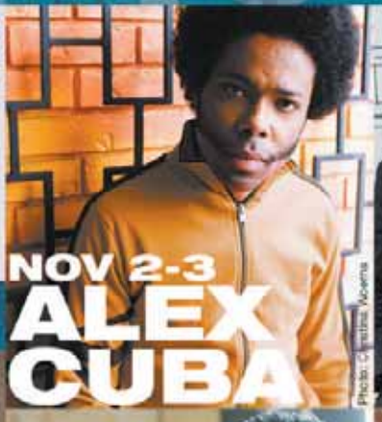

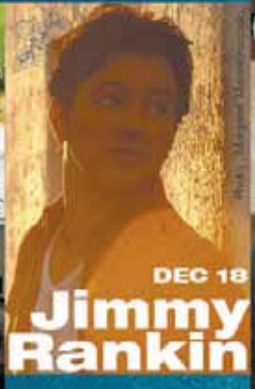

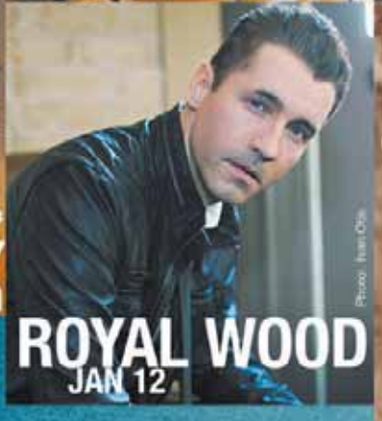

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Led Zeppelin discuss new concert film

Celebration Day. The iconic Led Zeppelin returned to the stage and now brings that experience to the big screen

DOROTHY ROBINSON
Metro World News

Robert Plant, left, Jimmy Page, Jason Bonham and John Paul Jones have released a new concert DVD. KEVIN MAZUR/GETTY IMAGES

Only 18,000 people were lucky enough to watch a somewhat reunited Led Zeppelin in 2007 at a tribute concert in honor of Ahmet Ertegun, the late founder of Atlantic Records who died in 2006. More than 20 million people applied for tickets to catch the one-off, two-hour show at London's O2 Arena, featuring Robert Plant, Jimmy Page and John Paul Jones, playing their first real concert since the mid-1980s (Jason Bonham, the son of Zeppelin's original drummer, John Bonham, was on drums).

Now the millions of fans who were left out can catch what happened in the new concert film Celebration Day, in theaters today and available on DVD on Nov. 19.

At a recent press concert to promote the film in New York City, the surviving Zep members were charming and funny, but they gave no indication that another reunion would take place any time soon. They did allow, however, that choosing Jason Bonham to join them onstage was a no-brainer.

"Once the idea was proposed — 'Would we do the concert?' — it had to be Jason," Page said.

For Bonham, who has played with the band twice before, the giddiness of joining them again at the O2 hasn't abated.

"I had lots of moments where I kept saying 'I'm playing drums for Led Zeppelin!' This really is something special and something I dreamed about all my life. I watched Song Remains the Same so many times that the look that Jimmy gave John in No Quarter, I remember, I looked over just like Song Remains the Same. He gave me the same look," says Bonham, before turning to Page. "It probably wasn't for the same reason you (looked at) Dad, but it was very, very special for me, honestly."

Page then joked, "That was the 'where are we?' look,"

Celebration Day includes the band's monster hits such as Stairway to Heaven, The Song Remains the Same and Dazed and Confused, as well as the unexpected, such as 1976's For Your Life, which the band had never played live prior to the London show.

Celebration Day is just a straight-up concert film, meaning no talking heads, no backstage glances, no trippy "quest" montages like in The Song Remains the Same. They appear shaky at first but then quickly get into their old rock 'n' roll habits. Per Page, they worked hard at "getting it right."

"We just really wanted to get it right and go out and play to people who maybe never heard us, who had heard about this reputation and what we were about, and basically stand up and be counted for what we were," he said.

Quote

"We just really wanted to get it right and go out and play to people who maybe never heard us."

Jimmy Page
Talking about getting Celebration Day to a place where they would be happy with it.

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Happy Birth Week. Usher extends big day celebrations to seven days as he gears up for Voice judging role

Usher CHRIS PIZZELLO/THE ASSOCIATED PRESS/INVISION

"It's really going to be a party celebration week as opposed to weekend," said Usher while in London recently to promote the computer game Dance Central 3 for Xbox. The successful R&B artist also talked about his recent decision to put his European tour dates on hold in order to "do something really creative."

The American star is joining the judging panel on the American talent show The Voice, a role he can't wait to fill.

"I haven't really had the chance to show people what I do behind the scenes in regards to mentoring, so this will kind of give you a different perspective about me," he told The Associated Press.

Aside from designing video games and mentoring young hopefuls, Usher just premiered a new music video for his latest single Numb. It opens with real-life footage of the singer controversially walking off stage partway through his Berlin gig last year and features him dancing in a glass box. "You know, I live my life in a glass box and every move, everything that I do is kind of speculated or either spoken about in some way and I never really can speak about it myself," he said. "This kind of gave me the opportunity to open up and just be vulnerable."

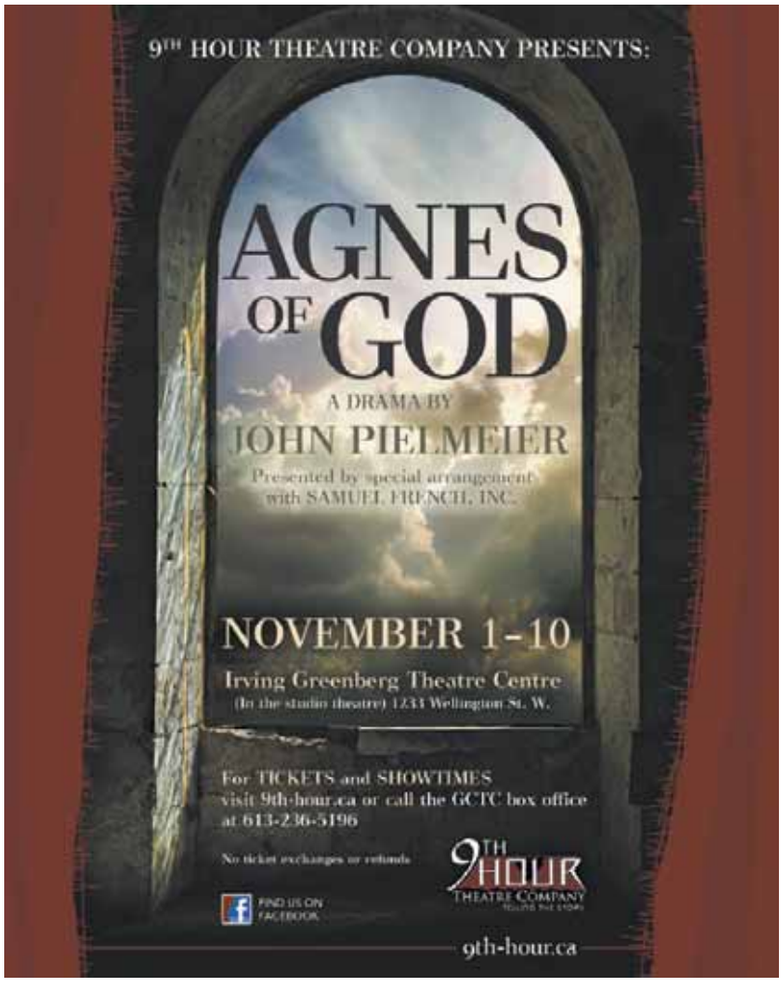
Numb is the latest single from the R&B star's Looking 4 Myself album.

THE ASSOCIATED PRESS

Quoted

"It's going to be a party celebration week as opposed to weekend."

Usher....on his 34th birthday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Alex Scally GETTY IMAGES

Beach House show their integrity as they aim to Bloom in meaningful way

Critically acclaimed. Metro talks to one half of Baltimore band during their world tour

HEIDI PATALANO
Metro World News in New York

Revered by critics and slowly making their way into the mainstream, the Baltimore band Beach House have a growing awareness of the burdens of their fame.

Careful to protect their image but eager to engage with their fans, Victoria Legrand and Alex Scally have vowed to keep it meaningful as they promote their fourth album, the critically acclaimed Bloom.

So we went deep for this interview while Scally was on a break during their world tour.

Before doing this interview, your publicist told me not to ask about your influences or ask any of the traditional boring questions. I get it. Do you feel sort of weary about doing these interviews now?
Um, no. You don't want to talk about things that are boring. It's just very natural and simple. … Whenever you get questions like 'What are your influences?' I always tend to think that's just someone who hasn't really listened to the music. We kind of made a conscious decision, after so many years of doing this band, we only want to do things that are meaningful now. We're lucky that we can try to do it that way. No fluff.

In other coverage of your music, you've mentioned how there are so many generalizations about what you do — that it's all about tones. Do you think there will ever come a day when you'll swear off reading what people have written about you?
We don't read much of what people have written. … We feel very lucky that we are asked to do interviews or that people care enough to do it. … That comment about people paying attention to tones — I think that's bigger than our music. We're talking about a society-wide trend that we've been noticing for a couple of years — people just creating music based just only on the vibe of it. The song comes second. The lyrics come second. It's all just a bunch of sound that feels good. There's nothing wrong with that. It's just commenting on it.

It's not engaging on all levels.
Right. When we said that, we were just trying to tell people, well, we spend a lot of time on the songs and the lyrics. Please don't let it be only felt on that level. If you consciously think about it at all, try to go somewhere else with it. It's instructing the listener a little bit.

There are all these online lyric sites — are you annoyed when people list them incorrectly?
Victoria wrote all the lyrics out in the album art, so anyone who really cares will find the correct ones. I think it's kind of interesting how there's so much bad information on the Internet. It's kind of this hilarious thing. It's like this big bathroom wall with 10 billion people writing on it.

There's been controversy recently surrounding your refusal to let Volkswagen use your music in their commercial and keeping a lid on how much you share your music for those purposes.
Just to clarify "keeping a lid on how much we share our music" — that's not it at all. We love sharing our music, and if that ad had been amazing we may have done it. The ad was terrible. It's more taste and it's more use. If a song is used well, it's exciting to us. It could make a commercial better or a product better, or maybe we like the thing that they're trying to sell. Trying to be uncommercial is not one of our goals. We're a commercial band. We sell our records. We want to communicate to people as much as possible, but on our own terms.

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Portrait of a widow as a remarkable woman

Ethel. RFK's daughter celebrates her widowed mother's poise and strength in new HBO documentary

In the thick of the presidential campaign, a documentary about a political wife wouldn't seem to offer respite from the clatter.

But that's exactly what Ethel, an intimate, affectionate look at Ethel Kennedy by her youngest child, manages to do.

It's a heartfelt reminder of public service's rewards and heaviest demands, elements that can be lost in the moment's rough-and-tumble.

It also honours a rarely interviewed Kennedy wife who was eclipsed by her more glamorous sister-in-law and sister in tragedy, Jacqueline Bouvier Kennedy.

Debuting Thursday on HBO (9 p.m. EDT), Ethel offers the life and times of Robert F. Kennedy's widow through the lens of accomplished filmmaker Rory Kennedy, born six months after her father's 1968 assassination.

Her mother is a reluctant star but, with the help of siblings and a rich film and photo collection, Rory Kennedy creates a portrait of a feisty, devout and socially concerned woman who carried — and carries — on despite shattering loss.

Ethel weaves family memories with the major events of her husband's political life, including the Cuban missile crisis that confronted his brother, President John F. Kennedy, and RFK as U.S. attorney general.

It also creates a charming portrait of Ethel as a girl who would rather handicap the ponies than study her schoolbooks and who raised her children to be game competitors, never whiners.

But Ethel Kennedy's on-camera discomfort marks her as clearly out of step with the Facebook crowd. So why agree to the project?

"Because it was Rory who asked," replied Kennedy, 84, in an interview in which she kept her answers short, pointed and invariably self-effacing.

Asked to assess the film, she replied, "How remarkable she (Rory) is that she can pull something out of nothing. It's not like I've ever done anything. It's like I was just there."

Rory Kennedy quickly jumped in.

"It's consistent with how my mother speaks about herself. She has accomplished so much in her life and done extraordinary things," she said.

"But as you can see, she's not comfortable giving herself credit for it."

The film paints Ethel Kennedy as an exemplary spouse, one who helped her husband overcome the self-doubt that came with being the youngest and smallest of his large, competitive family. As a mother, she encouraged her children to be involved in the world around them.

She held firmly to that standard even as a widow with a brood of 11 children (now diminished by the deaths of sons David and Michael).

Rory Kennedy recalled one moment that occurred when she, then a pre-teen, and her brother, Douglas, were at home in McLean, Va., watching televised coverage of arrests being made at Washington anti-apartheid protests.

"We walked in to the dining room and said, 'Mummy, we want to get arrested in front of the South African embassy,"' she recalled.

"And mummy, without missing a beat, said, 'Great, let's go down there right now.' She took us down and we got arrested, and she couldn't have been prouder."

Ethel Kennedy's determination remains unflagging.

While reluctant to discuss herself, she launches energetically into detailing efforts by the Robert F. Kennedy Center for Justice and Human Rights to improve conditions for New York farmworkers.

During a Q&A with reporters, Ethel Kennedy credited her Catholic faith with helping her "get through everything," including the loss of her husband five years after President Kennedy was assassinated.

"When we lost Bobby, I would wake up in the morning and think, he's OK. He's in heaven, and he's with Jack, and a lot of my brothers and sisters, and my parents," she said.

"So it made it very easy to get through the day thinking he was OK."

THE ASSOCIATED PRESS

Quoted

"She has accomplished so much in her life and done extraordinary things"

Filmmaker Rory Kennedy on her mother, Ethel

RFK's assassination

- **Still a struggle.** Remaining off limits for Ethel Kennedy is her husband's death. "Talk about something else," she replies to questions on the subject.

Robert F. Kennedy's widow Ethel Kennedy is portrayed as a feisty, socially concerned woman in a new HBO doc. HBO

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Halle Berry

Halle Berry loves her 'Louie Lightfoot'

Halle Berry is opening up about how she first fell for fiancé Olivier Martinez. "When I first met Olivier, there wasn't the initial 'I'm in love!' It was something that grew more gradually — and it feels more real because of that," she tells In Style magazine. "He's silly, a clown, and very much the life of the party, which is good for someone like me. Danny Downer … been there, done that. Now I like Louie Lightfoot!"

Rupert Sanders

How Sanders got his groove back

Snow White and the Huntsman director Rupert Sanders — who made a name for himself by having an affair with star Kristen Stewart earlier this year — has reportedly booked his first directing gig since the scandal, according to Deadline. Sanders is set to take on the Juliet, based on a science-fiction short story by Alfred Bester.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Kate Gosselin gets no love from the coupon clippers

THE WORD
Dorothy Robinson
scene@metronews.ca

Kate Gosselin has had a hard time finding work since her TLC TV show Kate Plus 8 was cancelled. And now it looks like her one steady gig, being the world's most famous coupon blogger, has come to an end. Yes, earlier this week, Coupon Cabin's CEO Scott Kluth wrote a letter to his users telling them they let Gosselin go. "A series of recent events have made it clear to me that Kate Gosselin and her contributions do not align with the authenticity which we set out to build almost a decade ago, and that Ms. Gosselin is simply not a good fit with the wonderful team and culture at CouponCabin. It's with this that I am writing to inform you of our decision to discontinue Ms. Gosselin's feature blog on CouponCabin.com."

And did the claws ever come out in the literally hundreds of comments this post produced. Some of the finest: "I remember reading her blog and actually saying out loud, 'What does any of this information have to do with using coupons?'" Lynne M

"It is about time. There was not ONE GOOD COUPON tip she EVER contributed to this class site." Nancy Davis Kuziola

Lesson learned? Don't cross online couponers. They are a frisky, money-saving and very vocal bunch.

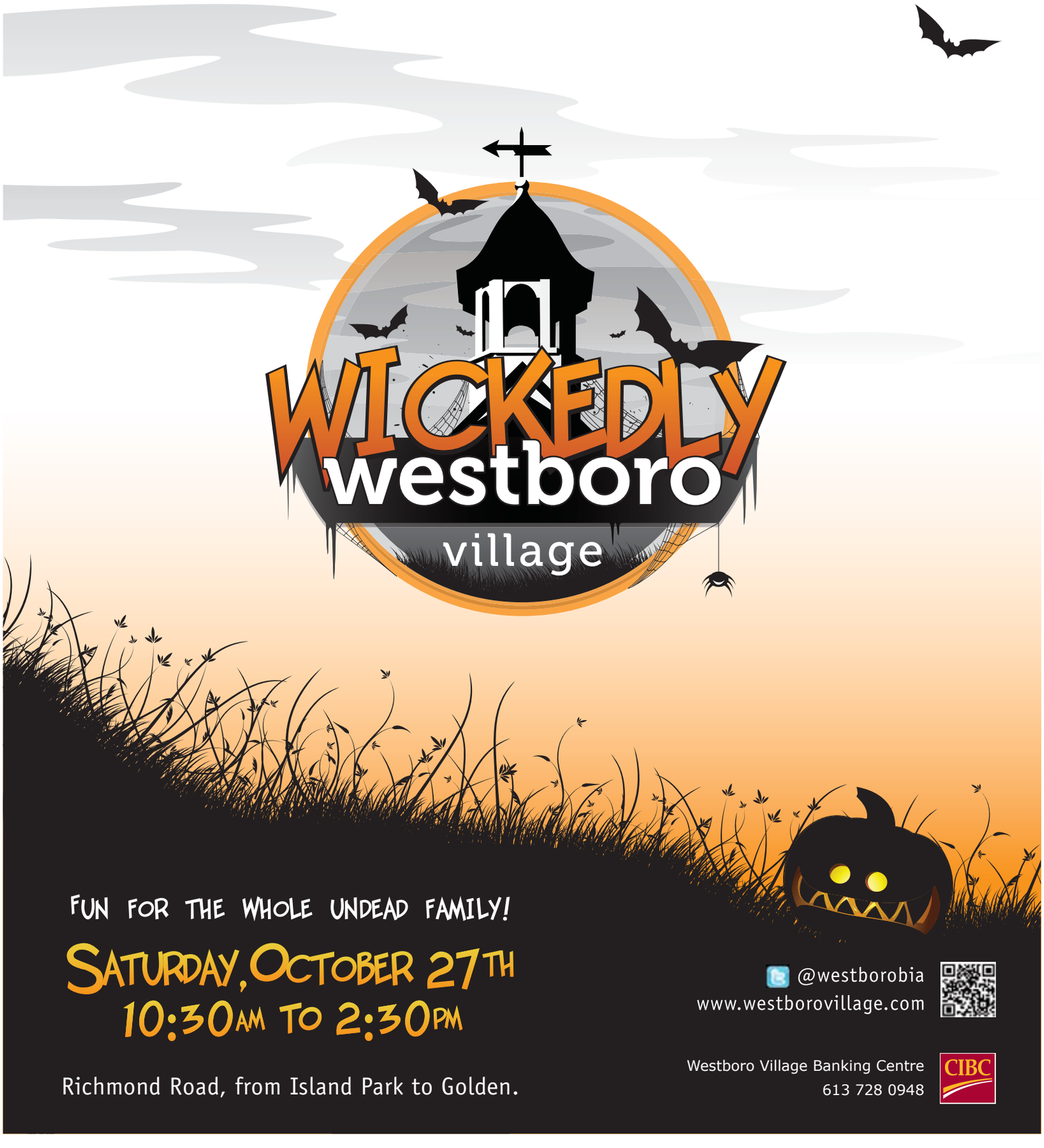
Twitter

@andersoncooper
The hotel blanket that's there for decorative purposes creeps me out.

@msleamichele
Doing some major fall cleaning at my house right now! I love it! So excited to pull out the sweaters and boots! :)

@NiaVardalos
Dear sweet kind pretty woman who pointed out my laptop I'd left behind on a counter yesterday. Thank you.

@SteveMartinToGo
I'm actually quite funny today. It's my Twitter account that isn't.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Shopping the runway

From runway to retailer: While some trends only last the length of the catwalk, other creations will find their way to the shop floor. We chat to two buyers about what they think will be the biggest hits for spring / summer'13.

RICHARD PECKETT
richard.peckett@metro.lu

Simply monochrome

Always a favourite with fashion editors and for those of us who are after something timeless and recession-proof. In a sense, it's well-crafted simplicity, but that's not to say you're playing it safe with your look. Designers use the monochrome colour palette as a platform for a multitude of styles: long and loose at Celine, "deconstructed classicism" in designer Alber Elbaz's words at Lanvin (think tuxedos, kimono styles and square-shaped pieces), with ruffles and provocative slits and cuts at Balenciaga.

Glamour girls

"Sequins and intricate beading wove their way onto the most glamorous of dresses and gowns at Alexander McQueen and Valentino, while embellishments glittered in creations from the likes of Oscar de la Renta and Chanel," Head of Womenswear Emma David told Metro. Ornamentation always gets the red carpet flashbulbs popping and that's something the high street loves to recreate with glitzy evening wear looks.

Sixties redux

"There was a big sixties retro influence across this summer's trends — both for abstract, minimalist styles across collarless jackets, pencil skirts and dresses appear in matching stripes and checks," says ASOS's Buying Director Emma Fox. Where Tom Ford went for a style à la raunchy sex kitten with a nod to Barbarella, Gucci explored vibrant tunics and trousers, while Moschino's designer Rossella Jardini referenced style icon Audrey Hepburn (pictured) with cutesy dresses and shrunken proportions.

Sheer style

Play peek-a-boo come summer with the cheeky, diaphanous trend. ASOS's Emma Fox reckons it'll be a big trend for the online retailer after it arrived on an array of catwalks. Haider Ackermann (pictured) notably showed a billowing bespectacled polka-dot slip dress, chic and sheer at Topshop Unique and sexily sassy at Nina Ricci. It's a teasing, seductively sophisticated look without being out and out slutty. If past seasons are anything to go by, this revealing trend is likely to be one of the biggest sellers.

Flower power

If fashion had seasonal style commandments, florals would be one of the most sacred. It's a fashion institution and this season was no different, with pop art daisies at Prada to floral print forties tea dresses and "this season's wallpaper blooms mixed with clashing patterns at Christian Dior, Erdem (pictured) and 3.1 Phillip Lim, is sure to be embraced," Helen David, Harrods' womenswear general merchandise manager, told Metro.

Twitter

JEANNE SPACE
Jeanne Beker
life@metronews.ca

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@Jeanne_Beker: With Joe Mimran @JoeFresh HQ. Spring's all about graphic prints, disparate textures, cool shapes...

@Jeanne_Beker: With Narciso Rodriguez, watching HIS fashion show @ narcisostudio @thehudsonsbayco fund-raiser

The Kit

Canadian street style

Spotted in: Toronto

Sarah Moore

Store associate at clothing store, SIC

Age: 24

What she's wearing
Rayban sunglasses, City Beach necklace, Agent 99 jacket, Evil Twin blouse, Jay Jay's jeans, Obsessed leather bag

Her inspiration
"I love the combination of vintage and edgy looks. I find inspiration for my style from The Satorialist. I look at his blog almost every day."

THE KIT PHOTOBLOGGER: GILLIAN MAPP, GILLIANMAPPONLINE.COM

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Spring into future fashions with ease

On top of transition. Can't wait to try out the trends from recent runways? Just go for it!

If the bright red lipsticks of fashion month seems too much, try the look out in a lip gloss. LOUIS LANZANO / THE ASSOCIATED PRESS

The most influential runways have had their say for next spring, but there's no need to wait for stores to stock up on cut-outs, lightweight leather, sleeveless jackets and shorts suits. There's a way to capture "fashion next" right now: with your lipstick, hair and handbag.

The themes in many of the collections were strength and toughness, and more than a hint of sexiness, which can be achieved in ways adaptable to many ages and lifestyles.

Tweaking your makeup routine is more about how you wear the products than a change in products themselves, says Linda Wells, editor in chief of Allure. This season the overall look was relatable to the everywoman — save the patent-leather eye candy at Fendi. It included red matte lips, red lacquered nails and a low ponytail.

"You can adopt new trends right away, but you're not going to look out of season," she says. "It's not like you're starting to wear crisp white dresses in November or sandals in the winter."

Transition is underrated, adds makeup artist Bobbi Brown. Take the time to move from one trend to another with an evolution in your look instead of a jarring change. "I've always held the philosophy that trends shouldn't be stuff that you have for a few months and get rid of."

Who can argue with flawless skin, full, red lips and slightly tousled hair?

"I like that it all seems a little undone but not fussy," says hairstylist Oscar Blandi, who saw flashes of Brigitte Bardot on the catwalk. "It's a little raw and very beautiful."The clothes exuded so much confidence that Blandi found balance with more natural-looking hair and makeup.

Shoes and purses also are "early adopters" of trends, largely because affordable versions of what's on the runway are widely available. Expect extreme gladiator styles and hardware at a store near you.

"All the clothes with leather harnesses are hard for real women to afford and to wear, so the bondage movement hit the feet, and the shoes were sexier than ever," fashion commentator Mary Alice Stephenson says. THE ASSOCIATED PRESS

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Grey days with sunshine ahead

Decor report. The season's most welcomed colour combination is neutral grey and warm yellow

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

It's not news that grey has become this year's most-loved neutral in home decor.

The cool tone has been teamed with all the fashionable colours including espresso brown, orange, pink and now yellow.

The combination of grey and yellow offer decorators the best of both world's: the cool relaxing tones of grey and the warmth of a cherry yellow.

This way, we can decorate with a sophisticated look without a room feeling too depressing, especially during the long winter months.

Tips for decorating with yellow and grey

- If painting your walls grey, choose a tone (that's the light and dark aspect of colour) lighter than the tone of your flooring. If painting with yellow, always choose a brown- or green-based yellow for a more neutral effect.
- Remember the 30/70 colour mix rule: Choose 30 per cent yellow items and 70 per cent grey for a room. Never have equal amounts of colour (50/50) in a room.
- Grey will hang around the decor scene for a long time, whereas yellow is a two-year trend.

Keep in mind yellow is psychologically the most irritant colour of all. It's the first colour our eye is attracted to and also the first colour our eyes tire of.

Use it judiciously as an accent when decorating your space.

Donegal Chair, $1,600

Just a touch of bright yellow helps brighten a mid century modern style chair. CrateAndBarrel.com.

D-Constructed Throw, $149

Warm up with this seasons most welcomed colour combination of graphite and celadon. CB2.com.

Majestic, $60/roll

Modernize traditional wallpaper with a cool and warm colour mix of gold and grey. GrahamBrown.ca.

Myro Plate, $16

Mixing warm and cool tones on the table. CrateAndBarrel.com.

Peeled Lace Pendant, $700

Artful hanging lights create a warm glow with amber and grey glass. Anthropologie.com.

Canning is inherently green — now make sure it's also safe

QUEEN OF GREEN
Tovah Paglaro
green@metronews.ca

Can I buy BPA-free canning lids?
-Brenda of Halifax

The short answer is that, yes, BPA-free canning lids are available. And I'll tell you who makes them.

The long answer, however, is that although BPA-free canning lids are easy to find, they may not be the answer to your toxin-free food-preservation efforts.

A popular BPA-free option is the Tattler Reusable Canning Lid. It's made from polyoxymethylene copolymer (POM), which is a fancy way of saying that it's a BPA-free plastic. Yup, plastic! And it's not without its own cause for concern. This rigid compound has trioxane as a key compound — in other words, formaldehyde.

The jury is still out on the relative safety of ingesting trace amounts of formaldehyde.

Fans of the BPA-free lids point out that formaldehyde isn't released from polyoxymethylene until temperatures reach 250 C (482 F), well above the processing temperature for canning. Critics note that other factors — like acidity — can affect the release of formaldehyde from plastic.

So what's a concerned canner to do? First, let's be clear — my hat is off to all home canners. No matter how you look at it, putting up local food in re-usable glass jars to be eaten all season is inherently green. And choosing to eat from glass jars, instead of BPA-laden cans, can only be good for your health.

The best practice would be buying glass lids from thrift stores and markets.
ISTOCK IMAGES

Now for the nitty-gritty best practices. I vote for buying traditional glass lids from thrift stores and markets whenever possible.

So what's a concerned canner to do? First, let's be clear — my hat is off to all home canners. No matter how you look at it, putting up local food in re-usable glass jars to be eaten all season is inherently green. And choosing to eat from glass jars, instead of BPA-laden cans, can only be good for your health.

Now for the nitty-gritty best practices. I vote for buying traditional glass lids from thrift stores and markets whenever possible.

Barring that, consider using the boiling water bath (BWB) method instead of pressure canning. If adequate space is left in the jar, proper BWB canning doesn't require the food to touch the lid. Finally, you may want to try preserving some foods using other methods, like freezing and dehydration.

Happy canning!

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ORANGEDROP

Belts or suspenders —not both

Hello Charles. An old-fashioned question: Suspenders (braces) with belt or without? What about the bloody belt-loops? And do I need to clean these? Thanks, Glen

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Hello Glen, Suspenders are a wonderful invention and truly work! However, pants are designed to be worn only with one of the two items, so you must pick to wear either your suspenders or belt but never both at the same time. Don't worry about the belt-loops while wearing suspenders, as it really doesn't matter.

You will be wanting to show off your fresh, clean suspenders.
ISTOCK IMAGES

Washing suspenders only needs to be done if and when they are dirty with a stain. In that case if they are dirty, they are cleaned based on the material.

With the holidays around the corner, which include house guests, now is the time to transform that extra room in your home to a chic guest room. NEWS CANADA PHOTO

Hotel chic in five easy steps

Holidays mean house guests, and if your spare room has turned into a storage room, this is the time to transform it into a chic guest room with a relaxing hotel feel.

Benjamin Moore colour and design expert Sharon Grech, shares five tips:

Two options when choosing a bed: Rather than using your child's outgrown bunk bed in the guest room, one option is to invest in a comfortable mattress for the ultimate hotel look and feel. A pull-out couch or trundle bed offers a comfy full-sized bed for sleeping, with a dual purpose as a lounge for the rest of the year. Layers and textures add warmth to a room, so plenty of blankets and pillows are a must. Keep them nearby in a closet, a pretty basket or drape a cosy throw over the bed for visual interest.

Light up the room with warmth: Lighting is key to creating an inviting, warm retreat and can dramatically alter the mood of a room. The insider secret to achieving that hotel feel is varying shades and washes of light. The effect is achieved with lamps positioned near the bed for nighttime reading and dimmers on overhead lights. Of course, having a few scented candles nearby instantly makes the room warm and inviting.

Create a striking backdrop with paint: There are two ways to colour the room for comfort. A monochromatic colour scheme of soft grey such as Benjamin Moore's Sea Haze, accented with cool lavenders or warm yellows like Queen's Wreath or Summer Solstice gives a calming feel. However, a dramatic focal wall creates an impact and adds drama and depth to the room. Try a trendy teal like Blue Lake for an elegant statement.

Maximize corner space: The corners are typically wasted spaces in any room. Maximize these overlooked areas by creating a pocket space with a small table and chair for a work station, or a reading corner and private spot to retire before bed. Find a spot for a sleek silver tray with some sparkling water, a bowl of fruit or fresh flowers as a thoughtful and unexpected touch.

Final touches: Fluffy white towels, a bathrobe and a fully stocked bathroom bring hospitality home for your guests. Create a spa-like feel in the bathroom by pairing soft, neutral colours that complement each other such as Iced Mauve and Gray Cashmere from Benjamin Moore.

By incorporating these five tips in your spare room, your guests may never want to leave.

NEWS CANADA

Lemon Sorbet is a bright and positive addition

In our world, colour is critical.

Everyone, from car companies to fashion and makeup brands, work hard to develop colour palettes that reflect the pulse and mood of our culture.

Benjamin Moore has chosen Lemon Sorbet as its 2013 Colour of the Year.

Here are a few ways to use it:

- Pastels, flattering in recent fashion trends, are emerging on the home front in the mint, coral, pink and vanilla families. The Lemon Sorbet paint colour makes the perfect backdrop to these hues.
- People are tired of the beiges, grays, and every hybrid in between, so this refreshing lemon shade is a perfect transition colour to begin an invigorating change.
- In neutral spaces, yellow acts like a yellow highlighter — focuses your eye and provides accent.
- It can be bold and modern (in a graphic combo with black or deep inky blues and white).
- It can be soft and natural, paired with neutral shades of tan, sand and soft grey.
- Yellow, in its many variations, is the colour of optimism and the colour of light and makes a great substitute for plain white.
- On the wall, ceiling, trim or a piece of furniture, yellow makes a lively addition to any space.

More images using this colour can be found on Twitter, @BenjaminMooreCA.

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Decorating. Find the essence of fall

The prospect of moving back indoors after the summer may seem like a bit of a letdown, but it doesn't have to be. When temperatures begin to drop, your home becomes more of a haven than ever. Adding fall touches of décor is a great way to get excited about the seasonal transition.

Sally Morse, director of creative services for window fashions company Hunter Douglas, offers the following tips for fall decorating:

Adding fall touches of décor indoors is a great way to get excited about the seasonal transition to fall. NEWS CANADA

Natural Accents

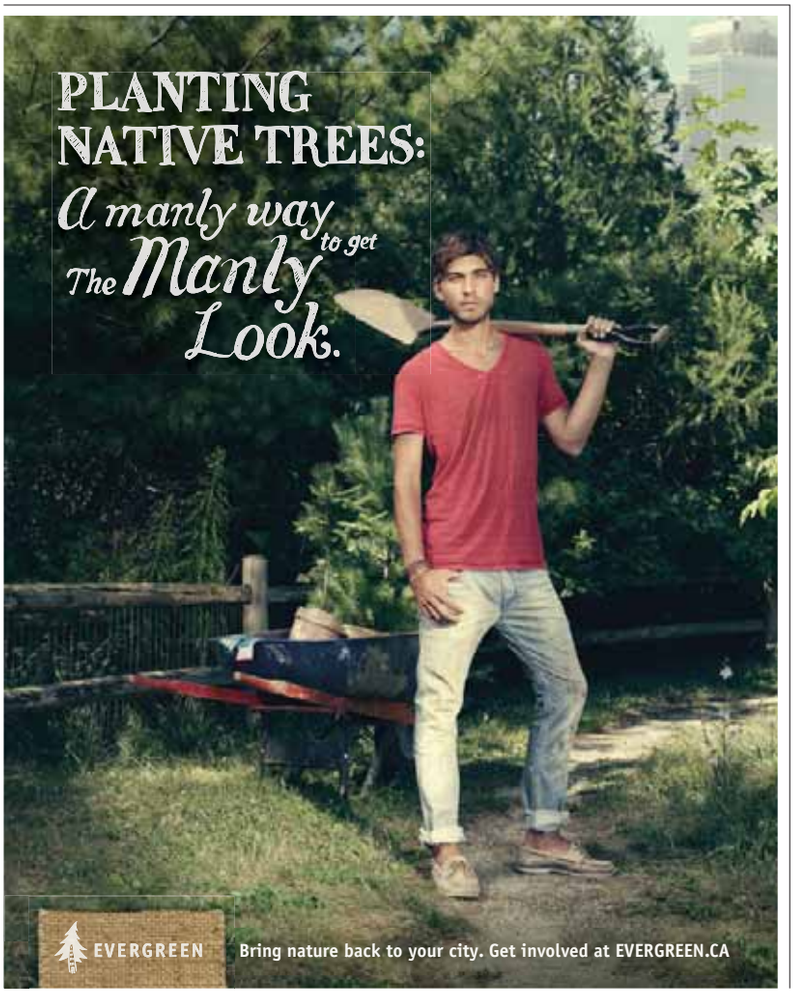
Bring fall indoors with you. Because natural elements are earthy and neutralizing they will complement whatever your décor style happens to be. Try filling a vase with dry arrangements or a large bowl with pine cones for a festive and eye-catching centrepiece. Hanging a fall foliage wreath on the outside of your front door is another great way to bring in the new season.

Lighting

During the summer it's easy to take for granted the abundance of natural sunlight. However, as the daylight recedes in the fall, it's a good time to start thinking about investing in new window fashions that enhance your natural lighting. One way to do this is with Hunter Douglas Silhouette window shadings, which feature soft fabric vanes suspended between sheer fabric facings that work to draw light deep into the room, thus maximizing daylight efficiency.

Layering

Bring out throw blankets to place on couches or on the foot of beds. From hues of burnt orange and forest green to chocolate brown and gold, draw from fall's robust colour palette and add throw pillows with rich patterns and colours around the house. NEWS CANADA



Low-cost glamour tips

Each time you open a kitchen cabinet or reach for a towel in the bathroom you will give yourself a nice surprise. It's all so simple — and not at all expensive — saying goodbye to old cabinet hardware and indulging yourself in new shapes, styles, and colours.

With major makeovers and renovations put on hold, homeowners are focusing on decorative hardware for the small, low-cost changes that mean so much. And manufacturers are responding, with new shapes, styles, and especially new colours.

Take Amerock, for example. A familiar name, with more than 80 years in business, but still with its finger on the pulse, is developing complete answers to homeowners' needs. Fall in love with a style and you will find it's available in all the shapes, sizes and colours you need — even hard-to-find oversize items.

Looking for glamour? Reach for Abernathy, which combines jewel-like clear crystal with a choice of metallic finishes — antique silver, oil-rubbed bronze and satin nickel. How could a simple knob be quite so elegant? And how could such an elegant accessory cost so little?

New from Amerock are two gorgeous finishes, both variations on the increasingly-popular theme of bronze.

Drawer and cabinet pulls can add a touch of glamour to your home. NEWS CANADA PHOTO

The company's designers describe the new caramel bronze as a "decadent" finish. It has a glow all its own, rich and coppery. It's available in the sleek and modern Candler Collection of pulls and knobs, and in the even sleeker Extensity Collection.

The other new finish — brushed bronze — plays up the silver and gold tones, and can be seen at its most elegant in the Essential'Z cabinet collection and the Arroni bath collection.

You can browse the complete offering online at amerock.com. Local sources include Home Depot, Home Hardware and Rona.

NEWS CANADA

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SPECIAL INFORMATION FEATURE

Uncork a job in the wine industry

Opportunity. Debbie Trenholm, sommelier and founder of Savvy Company, offers some tips

DEBBIE TRENHOLM
For Metro

The wine industry is fascinating, with many interesting and well-travelled people to meet. ISTOCKPHOTO/THINKSTOCK

Ever since I began Savvy Company 10 years ago, there are two questions that I am constantly asked:

1. I was away on vacation in (insert France/Italy/Spain/Germany/New Zealand/Australia/California) and found this outstanding wine. Is there a way that I can order more and have it shipped to Ontario? The winery owner said that they would do it, no problem.

2. I would like to get involved in the wine industry. How do I become a wine agent?

If I had a loonie — no make that a toonie — for each time these questions come up in a conversation while I have a glass of wine in hand, I would be drinking champagne every day.

The wine industry is fascinating. I have found that the people involved are typically interesting, well-travelled and have a joie de vivre that is contagious. Just visit the Ottawa Wine and Food Show (Nov. 9-12) during the afternoon while it is typically full of industry folks and you can talk to winemakers and winery owners all over the world who have come to Ottawa to showcase their wines. Or, closer to home, attend the Outstanding In Their Fields wine tasting event Friday at the National Arts Centre, where 23 winemakers from Niagara will be showcasing their hard-to-find wines.

While you are at these events, winemakers are often looking for people to help them sell their wine.

Becoming a representative of a winery while holding down your day job or starting a wine agency from the ground up are two ways to be part of the rapidly growing wine industry.

Let's crunch the numbers. During the 2011-12 fiscal year, the Liquor Control Board of Ontario reported sales of more than $3.2 billion worth of imported alcoholic beverages, a six per cent increase over the previous year even in a challenging economic environment.

More than any other consumer product, the alcoholic beverage industry has the ability to weather periods of slow or negative economic growth. There is the saying that "people will drink in the good times and they will need a drink in bad times, too."

There is no "how-to" manual about working in the wine industry. In fact, there are rarely job postings on Workopolis or Craigslist. Those who know of wine jobs are often "in the biz." In fact, two wineries last week contacted me asking if I would recommend an agent to sell their wines.

So, how do you to get a jump-start on a job in the wine industry?

Again this year, Savvy Company is hosting a seminar Nov. 17 entitled Importing Wine for Pleasure and Profit by renowned industry expert Steven Trenholme.

Trenholme conducts this seminar in Toronto twice a year and it sells out quickly because he knows everything and everyone in the wine industry. In his 30-plus year career, Trenholme has been a wine agent, a brand manager for Mosel wines (of Germany), the Canadian representative for Wines of South Africa, hired as a "head hunter" for numerous wine companies to recruit people as wine agents and, to top it all off, managed a national wine agency.

If you are intrigued about the wine industry or are already an agent, you will find Trenholme's daylong seminar invaluable. Many of Ontario's top wine importers and agents started their careers after attending this seminar. Several Savvy sommeliers on my team — myself included — have gained valuable insight to importing wines, as well as learning the ins and outs of the operations and processes of the LCBO and the SAQ in Quebec.

"There are still hundreds of wine suppliers around the world actively looking for importers to represent them in Canada, so there are certainly opportunities to develop a full- or part-time career in the wine industry," Trenholme said.

Rest assured that your head will be spinning from all of the information you collect at the seminar, yet Trenholme is only a few clicks away to help you get started or answer additional questions. He is a wealth of knowledge and "the" man to know if you are curious about working in the wine industry or importing your favourite wines back after a trip abroad.

To register and for more information about the Importing Wine for Pleasure and Profit seminar in Ottawa, see savvycompany.ca/events.

Representation

"There are still hundreds of wine suppliers around the world actively looking for importers to represent them in Canada, so there are certainly opportunities to develop a full- or part-time career in the wine industry."

Steven Trenholme, industry expert

Local eateries in the spotlight

Television. Food Network's You Gotta Eat Here makes second stop to the area

SAMANTHA EVERTS
For Metro

Comedian John Catucci may not be a chef, but after two seasons of hosting the Food Network's You Gotta Eat Here, he knows a good burger when he eats one.

From greasy spoons to fine dining, Catucci visits different restaurants across Canada to taste the food and meet the people that makes it worth recommending.

When we heard Catucci was shooting in Ottawa, we had to get his take on the city's food scene; turns out he's a big fan.

"I always have a fun time in Ottawa," he said. "It has a distinct vibe and flavour."

Catucci appreciated how locally focused the restaurants he visited were.

The crew filmed at Murray Street, The Smoque Shack, Pressed, and Edgar (in Hull) over 10 days.

"I ate lots of smoked meat," he said. He loved The Smoque Shack's Jamaican pulled pork dish. "Because of their Caribbean vibe it's ridiculously tasty."

You can't help but want to try Catucci's recommendations with his quick humour and infectious enthusiasm.

Catucci was a convert at Murray Street.

"I never liked pogos growing up but (chef) Steve Mitton is making homemade baloney and this spicy caramel apple sauce on it."

On their first visit, they filmed at the Elgin Street Diner, but the local dish that tickled Catucci's taste buds this time around is the Dutch Baby from Edgar. "It's this huge pancake with a pork belly cooked inside with apple, maple syrup and cheese. All flavours that I really love."

The Ottawa-themed episode is scheduled to air early in 2013 on the Food Network.

Star of the Food Network's You Gotta Eat Here, John Catucci, in Pressed, a Centretown West gourmet sandwich bar and coffee house. SAMANTHA EVERTS/FOR METRO

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TOTAL TAX		$1.77
TOTAL		$39.36
TENDER		$39.36
CHANGE		$0.00

NUMBER OF ITEMS 12
09/20/12
10:09:59

WAL*MART
SUPERCENTER
STORE #1118
KANATA, ONTARIO

FR STRAWB	005960007017	$1.97 J
PLAIN YOG 6	006820075015	$2.97 D
CHEEZ WHIZ	006810001022	$5.17 D
CH PRE FRVAN	006294200022	$5.87 D
MIN MAID AJ	005960001006	$2.47 D
DM CARROTS	006000047200	$1.37 D
PRIMO SAUCE	005590000662	$1.47 D
FLKS HAM	006310023150	$2.17 D
MAYO	006840066260	$5.17 D
ORV BUTTER	005880748851	$3.47 D
FABRIC SOFT	005800000366	$4.97 J
CAT LITTER	007023011686	$7.98 J
SUBTOTAL		$45.05
HST 13%		$1.94
TOTAL		$46.99
TENDER		$46.99
CHANGE		$0.00

ITEMS SOLD 12
09/20/12 09:08:51

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Venture into the enchanting, tasty and vibrant land of Burmese cuisine

Fried Rice with Shallots

This recipe serves three or four. RICHARD JUNG

"This simple way to use leftover rice is great for breakfast," writes Naomi Duguid. "Top it with a fried or poached egg or some cooked chickpeas. Or serve instead of plain rice to accompany a meal.

"After getting up in the dawn hours to photograph markets, I've often found find myself looking forward to some version of the rice, peas, and fried egg combo around eight thirty. At home in Toronto, I top the rice with fresh coriander leaves or tender greens and a fried egg, and drizzle on one of the condiment sauces to give it a kick."

Ingredients

- 2 to 3 tbsp peanut oil
- 1/4 tsp turmeric
- Generous 1/2 cup sliced shallots
- 4 to 5 cups chilled cooked jasmine rice
- 1 tsp salt
- 1 cup green peas (optional)
- 2 tbsp Fried Shallots
- Lime wedges (optional)

1. Place a wok or a heavy, deep skillet over medium-high heat and add the oil, then add the turmeric and shallots and stir-fry until the shallots are tender and translucent, about 5 minutes.

2. Raise the heat to high and use wet hands to break up any clumps as you add the rice to the pan. Add the salt and peas, if using, and stir-fry, pressing the rice against the sides of the pan to sear it. Continue cooking until the rice is hot (the peas should be cooked by then), add the fried shallots, stir-fry briefly, and transfer to a serving bowl. Serve with lime wedges on the side if you wish.

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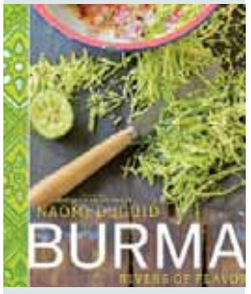
Cookbook of the Week

Introducing the flavours of Burma



Located at the crossroads between China, India and South Asia, Burma's cuisine combines Chinese noodle dishes, the curries of India and Thailand and salads.

Guiding you through the Burmese kitchen is award-winning author Naomi Duguid in her book Burma: Rivers of Flavor.

With simple recipes for food that manages to be elegant and earthy at the same time, plus stories of a place and a people that inspired Somerset Maugham and George Orwell, this is a culinary journey worth taking. The book also features photographs, travel tips and more. METRO

Easy-Grilled Chicken. Spices of Burma

"In Burma, chicken is most often served as a curry rather than grilled," writes Naomi Duguid in Burma: Rivers of Flavors.

"But traditional Burmese flavourings make a great marinade for grilled chicken, and the result is delectable. Allow an hour for it to marinate."

Ingredients

- 2 1/2 to 3 lbs chicken legs or breasts chopped into small pieces
- 1/2 tsp salt
- 1/4 tsp turmeric
- 1/2 tsp cayenne (chile powder)
- About 1 tbsp minced garlic
- 1 tbsp minced ginger
- 2 tbsp fish sauce

1. Rinse off the chicken and pat dry; set aside in a bowl.

2. Combine the salt, turmeric, chile powder, garlic, and ginger in a mortar or a bowl and pound with a pestle or mash with the back of a spoon to blend together. Stir in the fish sauce.

3. Add the marinade to the chicken pieces and rub it in well with your hands. Set aside to marinate for 30 minutes.

4. Preheat a charcoal or gas grill to medium heat.

5. Grill the chicken, turning the pieces frequently to expose all sides to the heat and prevent scorching, until cooked to the bone, about 20 minutes.

This recipe serves six. RICHARD JUNG

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QUESTIONS TO ASK YOURSELF

BEFORE BECOMING YOUR OWN BOSS

ISTOCKPHOTO/THINKSTOCK

Entrepreneurship dangles an enticing carrot — be your own boss. Work your own hours. But what should you know before reaching out for this exciting, yet risky venture?

Here are five questions to consider.

1 ARE YOU PREPARED FOR AN UNSTRUCTURED ENVIRONMENT? "There's a lot of structure that exists in a regular work environment. And if you're thinking about opening a business, then suddenly anything you know about structure goes right out the window," says Tracey Scarlett, CEO, Alberta Women Entrepreneurs based in Edmonton and Calgary. "You need to be able to deal with uncertainty and even not knowing exactly what your revenue might end up being."

2 IS YOUR PRODUCT NEEDED? "You'll need to learn if there is a demand for your product or service and whether growth potential exists in the marketplace," says Rab Kooner, business adviser with Vancouver-based Small Business BC. "A competitive analysis will reveal who your direct competitors are, what they are offering and at what price point, and this can help you uncover your niche and better develop a competitive edge."

3 DO YOU HAVE A NEST EGG? "Don't expect to turn a profit in the first month," Scarlett warns. "It will take awhile and an investment of time and money before you make money." Scarlett recommends figuring out how many months you can go without drawing a salary and still maintain your life. "You need to calculate that so that you don't go into debt unexpectedly."

4 ARE THERE ANY BARRIERS? Think licensing, accreditation, regulations and more. "Thoroughly research entry into your industry and assess whether it's achievable to go into it," Kooner says. "And keep in mind: The greater the barrier to entry, the less competition that exists."

5 DO YOU HAVE PERSONAL SUPPORT? What supports are around you? "If you've got a family, how supportive is your spouse about this? Do you have other family commitments?" Scarlett asks. "Your time really becomes stretched in your own business because you're dealing with whatever needs to be dealt with to ensure the business goes forward."

CARING PROFESSIONALS AT CARESS ELECTROLYSIS

Kathryn Hay and her staff specialize in electrolysis, the only method of permanent hair removal. Her Barrhaven clinic, Caress Electrolysis, provides treatments in a private, relaxing ambience and offers the highest standard of sterilization.

Caress' start-of-the-art equipment includes Zeiss microscopes for more precise, gentle treatments with faster results. Caress has a team of certified electrologists, including three who have more than 20 years' experience. Electrolysis can be performed on any area on the body and on any colour and type of skin and hair.

The staff at Caress continually upgrade their skills and now offer treatments for skin anomalies. Thermocoagulation is a gentle, non-surgical procedure that reduces or eliminates a variety of anomalies, such as skin tags, facial capillaries, cherry angiomas and pigmentation/age spots, milia, keratosis, angiokeratomas and traumatized pores of unwanted piercings. In most cases, multiple anomalies can be treated during one session and many require only one treatment.

Caress offers a complimentary consultation; a perfect way to address concerns and dispel misconceptions. During the consultation, a Caress specialist will conduct an examination, and explain potential procedures and treatment plans. As an informed consumer, you will then have the knowledge you need to decide how to proceed.

CLIENT TESTIMONIALS

"My only regret is that I didn't start sooner." — Maureen

"Caress is a warm and inviting experience. No more waxing or tweezers — who would have thought!" — Sue

"Everyone I have dealt with at Caress has been professional and courteous." — Alexis

Andrew Scott behind the counter at his 373 Dalhousie St. Pita Pit.

ACCIDENTAL ENTREPRENEUR

ANDREW SCOTT, OWNER, PITA PIT

Andrew Scott didn't set out be a small business owner. He set out to be prime minister of Canada. When he left Woodstock, N.B., for the University of Ottawa, his plan was to get a degree in political science, then a degree in law and a career in public service.

Instead, he decided to serve the public a different way: By serving fresh, nutritious food with fun and flair to the hungry and health conscious in the heart of downtown Ottawa, at the southern tip of ByWard Market, near the University of Ottawa.

It all started during his second year at the U of O when he landed a part-time job at the Pita Pit he now owns at 373 Dalhousie St. When he tasted his first Chicken Caesar pita, it was love at first bite.

"I fell in love with Pita Pit. It was cool — and so different from what I was used to. In Woodstock, we had pizza and burgers and that was about it."

Most of all, he loved the enormous selection of fresh toppings at Pita Pit.

"Right away, I could see the business potential."

But mostly, Scott loved getting to know his customers, chatting with them while he made their pita sandwiches, salads and smoothies.

"I love talking to people from all walks of life. It's like getting a front-row seat to the best movie in town, getting small glimpses of hundreds of different lives every day."

He ended up working 70-80 hours a week at Pita Pit and completing his degree on a part-time basis, finally graduating in 2011. At first, his parents tried to talk him out of pursuing a restaurant career, but, "In the end, they supported my decision, and now, five years later, they know it was the right move for me. In fact, I'll be opening a second location next year in Orléans on Innes Road near the Empire Theatres and The Athletic Club."

Does he have any regrets about not becoming a politician or a backroom policy wonk? On the contrary: "It beats the crap out of sitting behind a desk."

PITA PIT BY THE NUMBERS

FOR CONSUMERS

8	Regular 9-inch pitas with 450 calories or less and 6 grams of fat or less
19	6-inch Petitas™ with 450 calories or less and 6 grams of fat or less
10	Grilled meat pitas
7	Classic deli pitas
7	Vegetarian pitas
4	Vegetarian pitas suitable for vegans
22+	Fresh veggie toppings, cheeses and extras available at no extra cost
150+	Pita Pit locations in Canada
350+	Pita Pit locations worldwide
1995	The year the first Pita Pit opened up in Kingston, Ont.
2	Weeks before other Kingston restaurants began offering pitas, too

FOR POTENTIAL FRANCHISEES

1%	Advertising fee
$1,500	Fixed-fee monthly royalty in years 1 and 2, rising to a maximum of $2,000 in Year 5
$200K	Minimum investment required to open a Pita Pit. To find out more, visit pitapit.ca.

BUSINESS Q&A

Q: WHY BECOME A FRANCHISEE INSTEAD OF OPENING YOUR OWN PITA RESTAURANT?
A: I loved Pita Pit — not just pita sandwiches. The most frequent comments we get from new customers are: "Can I really get all these toppings at no extra charge?" and "You guys will actually grill my veggies for me? Awesome." I don't think anyone else offers so many fresh toppings to choose from, or so many ways to customize your meal.

Q: HOW DO YOU FEEL ABOUT YOUR LOCATION?
A: It's perfect. We get everyone from university students to government employees, politicians and their security details. Also, because we're open till 3 or 4 a.m. every night, a lot of people come in after the bars close.

Q: DO YOU EVER GET CELEBRITIES IN HERE?
A: Hockey players sometimes drop by, like Jason Spezza from the Senators, and Tie Domi. We actually let Tie make his own pita.

Q: HOW'S BUSINESS?
A: Booming. But it was treading water when I first bought it.

Q: HOW DID YOU TURN IT AROUND?
A: I worked my tail off. I raised standards and made sure customers were treated like kings and queens. I also did some renovations — which I'm still working on. Next year, this place will look brand new. But I can't take all the credit for the turnaround. Pita Pit head office has given me lots of support with operations, new products and marketing materials. Essentially, I'm in business for myself, but not by myself. It's the best of both worlds.

Q: WHEN DID THIS PITA PIT OPEN?
A: In 1997. It was the third store in the chain — which incidentally began in Kingston, Ont., in 1995. Now there are over 150 Pita Pits in Canada, 180 in the States, and another 30 or so in New Zealand, Trinidad and Tobago, Korea, Brazil and soon, Panama, Australia and the U.K. We're the No. 1 pita chain worldwide — and we're growing fast.

Q: WHEN ARE YOU OPENING LOCATION NO. 2?
A: 2013. I can't wait to bring healthy eating to Orléans.

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CPI INTERIORS JOINS DECORATING DEN INTERIORS

CONTRIBUTED

One of Ottawa's best interior design firms, CPI Interiors, has joined forces with Decorating Den Interiors, North America's premier decorator franchise company. As a result, residents of the National Capital Region can easily access top-notch, hassle-free home-decorating services.

"This is a big step for us," says Catherine Pulcine, owner and designer. "And it really benefits our current and future clients."

To appreciate these benefits, it helps to understand the business model followed by both CPI Interiors and Decorating Den Interiors. The model involves a comprehensive approach to decorating: From designs and floor plans to sourcing, delivery and installation. Following a no-cost, initial in-home consultation, a professional decorator prepares a design featuring specific elements along with information about each custom piece. Decorating Den Interiors has access to approximately 150 suppliers and the firm's size (350 franchises across North America) ensures it can get the best prices.

"Most of our clients say that the biggest advantage is the time they save," Pulcine says. "There's no need to visit dozens of stores, for instance — they can shop from home. And our designers have the expertise needed to help clients create spaces that are practical, comfortable and reflect their individual tastes."

The only way to acquire that expertise is through training and experience — Pulcine has been a professional designer and decorator for more than 24 years.

"Designers are linked through Decorating Den Interiors' Internet system," she says. "So when I have a design challenge, I can consult hundreds of other professionals and access dozens of potential solutions. That's a huge bonus for customers."

For more, visit cpi.decoratingden.com

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U Dental opened its doors to the Ottawa community in October. Dr. Alfarra and Dr. Sharaf offer a full range of dental services in a state-of-the-art dental clinic. U Dental is equipped with the latest technology to provide excellent care to our patients. Services include: Digital radiography; air abrasion; oral sedation; intra oral camera; germicidal lights and more.

The doctors and their team thrive to provide you with excellent quality, gentle dentistry in a relaxed, friendly environment. U Dental strongly believes in good communication between the doctor and the patient. The clinic is offering great promotions for the months of October and November. U Dental is located at 1537 Merivale Rd. with free parking. The clinic is open Monday to Thursday from 9 a.m. to 8:30 p.m., Friday from 9 a.m. to 4 p.m., and Saturday from 10 a.m. to 4 p.m. The clinic also welcomes walk-in emergencies.

To book an appointment, call 613-228-3000 or book online at u@udental.ca. To learn more, visit udental.ca.

Take advantage of U Dental's October/November promotions, which includes: Meet and greet with the doctor plus dental cleaning for $89 (a value of $214); new patient exam, dental cleaning package for a free whitening (a value of $350); or new patient, dental cleaning and four digital radiographs for $199 (value $380).

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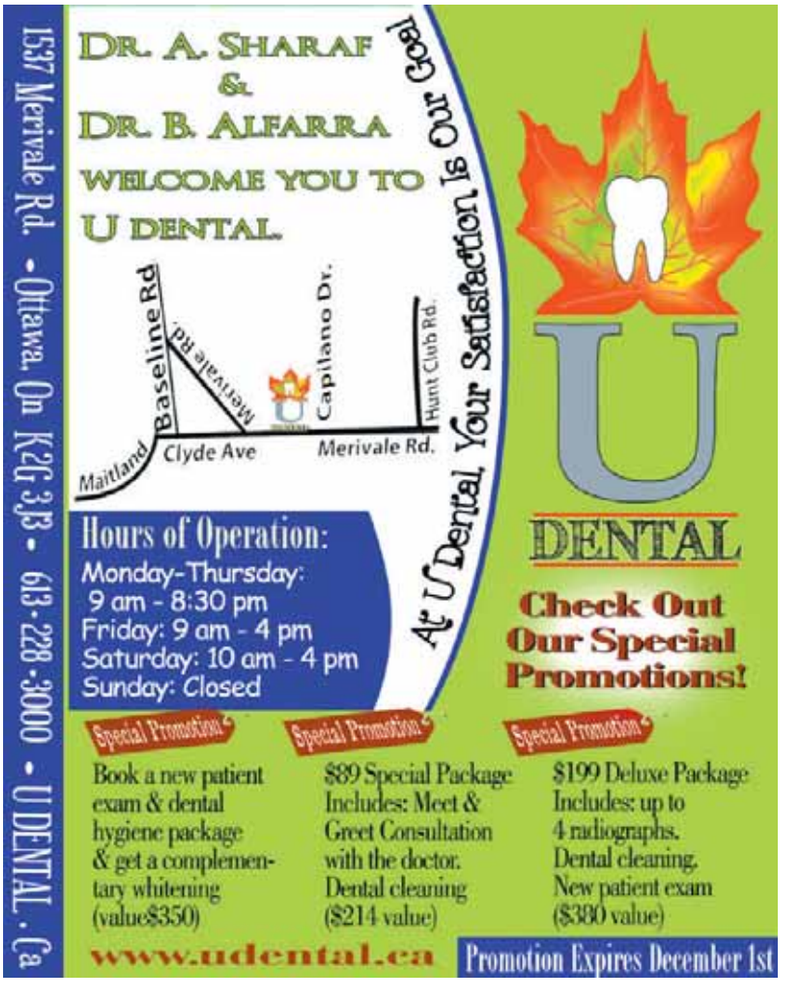
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BREW UP A PLAN FOR EXPANSION

WITH THE HELP OF CAPABLE ADVISERS

DIGITAL VISION/PHOTODISC/THINKSTOCK

Patrick Marquis recently opened his fourth Tim Hortons restaurant, making him one of the company's most successful franchisees in Quebec. He attributes his success to a strong brand, a capable team, a supportive bank and a little bit of luck.

"I came on board at the perfect time," he says. "In the early 2000s, Tim Hortons was just starting to gain in popularity in Quebec. I became a franchisee in 2004 and the business has just continued to grow."

Marquis knows well the power of a strong brand: For 15 years, he worked in the corporate offices of MacDonald's. Although his career was going well, he yearned to operate his own business and recognized Tim Hortons' potential in Quebec.

"The business models of the two companies have much in common," Marquis says. "Both focus on consistency in the customer experience and in the quality of food. It's a proven formula."

Marquis appreciated Tim Hortons' turnkey approach to franchising. Once a franchisee signs an agreement, the corporation helps get the new restaurant up and running to its rigorous standards.

The Tim Hortons juggernaut is familiar to most Canadians. From its humble beginnings in Hamilton, Ont., in 1964, the chain has gone on to open more than 4,000 restaurants across Canada and the United States. Total annual sales fell just shy of $3 billion in 2011 and continue to increase. Initially, the chain focused its growth on markets in Ontario and the Maritimes. The number of restaurants in Quebec has doubled in the last 10 years, however, and it opened its 500th restaurant in the province earlier this year.

When Marquis decided to expand to four from two restaurants, he turned to his bank for help. He was disappointed in the quality of service he received, though, and decided to shop around. He quickly settled on Scotiabank.

"I've been extremely satisfied with Scotiabank," he says. "They not only gave the best interest rate, but also provided me with a variety of advice and support."

Marquis now owns three restaurants on Quebec City's south shore and one in the historic old quarter, and is considering further expansion.

PROS AND CONS FOR FRANCHISEES

PROS: Associating with a known brand lowers risk significantly; head office usually pays for advertising, some aspects of customer service (e.g., call centre), and research and development of new products and services.
CONS: Up-front costs can be high; little independence — product and service offering is fixed, and franchisee typically must use corporate suppliers.

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CARING ABOUT WHAT YOU EAT

RAINBOW NATURAL FOODS TAKES ACTIVE ROLE IN HEALTH OF ITS CUSTOMERS

Michael and Janet Kaplan

CONTRIBUTED

Back in 1978, Janet and Michael Kaplan opened Rainbow Natural Foods in Britannia Plaza in west end Ottawa. With only 800 square feet of space, the store carried a relatively small selection of goods.

"We had wicker baskets full of organic beans and rice, and kept cheese behind the counter that we'd cut to order," recalls Janet Kaplan recalls.

Three decades — and five major renovations — later, the store is one of the largest of its kind in the region. Although it remains in the same location, Rainbow Natural Foods has a much larger footprint: 7,000 square feet. On its shelves you will find an incredible variety of organic produce, packaged natural foods, dietary supplements and health and body-care products. The business grew out of the Kaplan's passion for wholesome foods and love of community.

"We have both been healthy eaters and vegetarians almost all of our lives," Janet Kaplan says. "And we care deeply about what we eat and where it comes from. That wasn't common in 1978, although it sounds almost mainstream today."

From the outset, Rainbow Natural Foods was committed to helping customers take an active role in their health by sharing information and providing as broad a selection of foods as possible. Decades ago, the Kaplans created a series of brochures about specific foods. More recently, the store hosted a food club and cooking demonstrations. Today, the tradition continues in the form of seminars held once or twice each month during the spring and fall.

"All of our employees are continually learning about nutrition and new products," Janet Kaplan says. "Modern consumers are much more interested in education and many of our customers are well-informed about the advantages of specific foods and diets."

Today, the Kaplans' two sons work in the business. Older son Mischa and his wife Sarah recently moved back from Toronto to play a larger role in the business and succession planning is underway.

"We're proud of what we've accomplished with the store and feel grateful to have helped so many wonderful people over the years," Janet Kaplan says.

SEMINARS

TUESDAY, OCT. 23, 6-8 P.M., BEAST OF BEAUTY — Shawna Ketter from Breast Cancer Action Montreal discusses ingredients in health and beauty products.

WEDNESDAY, NOV. 7, 6-7:30 P.M., SOLUTIONS FOR A DREAMY SLEEP — Join Richard Hudspith and Rainbow Foods' own Ricardo Van Sertima as they teach you techniques and tips so you can get the sleep you have always wanted.

To register for seminars, email communications@rainbowfoods.net or phone 613-726-9200.

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WHAT ARE GMOs?
GENETICALLY MODIFIED ORGANISMS (GMOs) are plants or animals created through the process of genetic engineering. This experimental technology forces DNA from one species into a different species.

Eden
Organic Beans
BPA Free cans
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2/$4 398mL each

HOW CAN YOU AVOID GMOs?
At this time, products containing GMOs are not labeled. With GMOs now present in more than 75% of conventional processed food, choosing Non-GMO Project Verified is the most reliable way for your family to avoid GMOs.

Look for this logo throughout the flyer to find Non-GMO verified products. For more information visit healthfirst.ca or nongmoproject.org.

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ON SALE
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Crofter's Organic
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$2.99 236mL

Sale ends October 21, 2012

For more NON GMO project verified products see our flyer at www.rainbowfoods.ca

HEMERA/THINKSTOCK

MORE THAN A FITNESS CENTRE

SOLOWAY JEWISH COMMUNITY CENTRE HAS SOMETHING FOR EVERYONE

Although the Soloway Jewish Community Centre (SJCC) is known primarily for its first-class fitness facilities, it is really a full-fledged community centre, with programs and activities for the whole family. Located near Broadview and Carling in Ottawa's west end, the SJCC opened its doors 14 years ago as a non-profit organization run by a volunteer board. It welcomes people of all backgrounds and faiths.

"This is a warm, friendly and active place," says Pamela Rosenberg, the SJCC's communications director. "There's always lots of fun and laughter going on."

The SJCC's fitness amenities include an outdoor pool and an indoor 25-metre saltwater pool, along with exercise equipment, free weights and a full-size gymnasium. Programs include everything from Pilates and yoga to kettlebells and aerobics. The centre also runs a Heart Wise exercise program in partnership with the University of Ottawa's Heart Institute. Personal training is an option, as are sports such as badminton, squash, ball hockey and basketball. The cost of membership is competitive with similarly equipped facilities in the region.

The SJCC operates a day care, along with several programs for infants and young children, such as a pre-school, playgroups and parent-and-me swimming lessons. There are numerous programs for school-aged children.

"We have something for kids pretty much whenever they're not in school," Rosenberg says. "Programs run after school and during March break, for instance, along with holidays and in the summer camps."

The SJCC is also a centre for learning, with numerous courses in a range of subjects, along with hands-on workshops. Topics include everything from art, music and photography to language and Jewish history and culture. The centre maintains a small library, and there are also regular guest lectures and film presentations.

The centre's facilities are available for rental. Birthday parties are increasingly popular; along with the traditional pool and gym parties, the centre delivers a variety of specialty birthday parties in collaboration with local businesses such as Ray's Reptiles and Radical Science.

"We've quickly become a fixture in the community," Rosenberg says. "There's always something happening at the SJCC."

You Belong Here.

The Soloway JCC is home to a first rate fitness centre, saltwater pool, free fitness classes plus Yoga, Pilates, Kettlebells, SpinFit, Heart Wise Exercise Programs and Specialty Fitness Classes for Children and Teens.

Come in today for a free tour and see why this is the place for you.

Join during the month of September and save on Membership* and Personal Training!

*Annual Memberships only. Must not have been an annual member in the past 12 months.

Soloway JCC | 21 Nadolny Sachs Private
One block south of Carling off Broadview
613-798-9818 EXT. 295

SolowayJCC
jccottawa.com

SPA JUNKIE AND The ART OF STRAIGHT TALK:
YOUR BROWS

What we hear most often: "I don't like them too thin." Of course you don't! Sister we're not that kind of place. We revere your most important accessory; correctly sculpted, tweaked and primped to suit you, not some 1930's silent movie star. Make an appointment with our Brow Architect and fall madly in love with the wow in your brows.

WHO IS BEAUTIFUL ~ YOU!

To find out how your life is about to change
www.spajunkie.ca/en/services/brow-bar/
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HAIR & BEAUTY BAR

SPA JUNKIE AND The ART OF STRAIGHT TALK:
SUGARING

Are you still waxing down there? OUCH!
Sister, we need to talk and you need some Sugar! No not the high calorie kind, but the OMG my life just changed and why didn't I know this existed before kind. At Spa Junkie we use a gentle and effective Sugaring technique in important places.

WHO IS BEAUTIFUL ~ YOU!

To find out how your life is about to change
visit us at www.spajunkie.ca/en/what-a-girls-gotta-know/
Or give us a call ... we love girl talk.

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HAIR & BEAUTY BAR

DOWNTOWN SUGARING AT A REAL SWEET PRICE

SPA JUNKIE OFFERS DISCOUNTS TO REPEAT CUSTOMERS, REFERRALS

CONTRIBUTED

Since opening its doors a year ago, Spa Junkie has built up a faithful clientele, particularly among women who work downtown.

Located on Laurier between Metcalfe and O'Connor, Spa Junkie focuses on sugaring, waxing, hair and skin care, and makeup. Co-owner Louise Green, affectionately known as the "brow architect," is also known for her exceptionally gentle sugaring technique.

"Sugaring may not be as common as waxing, but once you've tried it, you'll never wax down there again," says Green, who personally trains all staff. "More and more clients come in on their lunch hour for bikini and Brazilian services because it's convenient and they can go back to work feeling like it never happened."

THE ART OF SUGARING

Sugaring is an effective method of hair removal using a paste made of sugar, lemon juice and water. Unlike waxing, which removes live skin cells and can leave bruises and in-grown hairs, sugaring removes only dead cells and is much less painful. As a result, it's the preferred technique in what Spa Junkie calls "the southern hairisphere."

The salon's prices are quite reasonable; a regular Brazilian costs only $50.

Spa Junkie is so confident in the quality of its services, it offers discounts to repeat customers and for referrals. Under its monthly Frequent Flyer program, for instance, every sixth sugaring is free. Current clients receive 25 per cent off anything in the boutique when they refer a friend, while the new customer receives 25 per cent off her first treatment. That's a sweet deal.

HOW TO BUILD YOUR OWN SMALL BUSINESS

ISTOCKPHOTO/THINKSTOCK

Owning a small business can be one of the most exciting and rewarding experiences of your professional career. But becoming your own boss is not for the faint of heart. Whether you are purchasing an existing business or starting one from scratch, the first few years are the most crucial, requiring solid planning, hard work and unwavering passion for what you do.

TD Canada Trust offers tips to entrepreneurs who are considering starting their own small business:

SOLID PLANNING IS NON-NEGOTIABLE

As the saying goes, "fail to plan, and you are planning to fail." A strong business plan should clearly and concisely outline your long- and short-term goals, and how you are going to get there. Make sure your plan includes a strategy for the marketing, operations and financing and that it's updated at least annually. Your business plan is not only a good way to keep you focused on your goal, but it will also play a huge role when securing capital from potential investors.

CHECK THE PULSE ON CASH FLOW

Cash flow is the lifeblood of all growing businesses, so keeping a close eye on your company's financials is critical. A company with strong profits on the income statement, but which is tardy in collecting its receivables or does not manage its cash flow tightly, may go bankrupt if it does not have the cash to service its obligations.

ASK FOR EXPERT ADVICE

Entrepreneurs sometimes have trouble asking for help, but the most successful small business owners surround themselves with experts to navigate through the challenges. The small business advisers at your bank can help you with financial solutions to ensure you have the right cash flow management system in place to take your business to the next level.

– News Canada

NHL talks entering make-or-break stage

As the NHL's labour dispute went on display for public viewing, it underscored the importance of the next week in negotiations.

The league's latest collective bargaining offer to the NHL Players' Association — surprisingly released in full by the NHL on Wednesday — came with an attached warning about the consequences of failing to reach an agreement by Oct. 25.

NHLPA executive director Donald Fehr in Toronto on Tuesday.

THE CANADIAN PRESS

In a document delivered to the union along with Tuesday's 10-point proposal, the NHL indicated it couldn't "responsibly" offer more than the 50-50 split of revenues and other items it was tabling. It also sought to add urgency to the talks.

"Delay (beyond Oct. 25) will necessarily leave us with an abbreviated season and will require the cancellation of signature NHL events," it read.

"Failure to reach a prompt agreement will also have other significant and detrimental impacts on our fans, the game, our clubs, our business and the communities in which we play."

Donald Fehr, the NHLPA's executive director, spent Wednesday examining the proposal along with union staff and was expected to deliver a counter-offer when the sides resume talks on Thursday.

THE CANADIAN PRESS

Charity. Van Koeverden plans to climb Kilimanjaro

Canada's Adam van Koeverden has already conquered the water on his kayak. His next mission is to take on a mountain — and a big one at that.

The Right to Play athlete ambassador will join a group of supporters next month in a bid to climb the highest mountain in Africa. They will attempt to reach the summit of Mount Kilimanjaro in a quest to raise $100,000 for the international humanitarian organization.

Van Koeverden, who won his fourth career Olympic medal last summer, said he's looking forward to trying something new while taking a break from the rigours of kayak training.

THE CANADIAN PRESS

Quoted

"While this satisfies an urge to give back and to raise awareness and raise money for Right to Play, it also satisfies an urge for adventure."

Four-time Olympic kayaking medallist Adam van Koeverden

Armstrong through with Livestrong, Nike

Doping scandal. After stepping down from charity, sponsors cut ties with former cyclist

Already an outcast in cycling after a massive doping report, Lance Armstrong absorbed hits much closer to home Wednesday: To his wallet and his heart.

Armstrong was dumped by Nike, Anheuser-Busch and other sponsors, and he gave up the top spot at Livestrong, his beloved cancer-fighting charity, a week after an anti-doping agency released evidence of drug use by the seven-time Tour de France winner.

Lance Armstrong stepped down as chairman of Livestrong and was dropped by numerous sponsors on Wednesday.

JAMIE SQUIRE/GETTY IMAGES FILE

Armstrong stepped down as chairman of Livestrong in an attempt to minimize the damage caused by the U.S. Anti-Doping Agency's report. USADA banned Armstrong from the sport for life and has ordered that his Tour titles be stripped, which could come before the end of the month.

"This organization, its mission and its supporters are incredibly dear to my heart," the cancer survivor said in a statement. "Today therefore, to spare the foundation any negative effects as a result of controversy surrounding my cycling career, I will conclude my chairmanship."

Minutes later, Nike dropped its personal sponsorship contract with him and issued a blistering statement that the company had been duped by his denials over the years.

"Due to the seemingly insurmountable evidence that Lance Armstrong participated in doping and misled Nike for more than a decade, it is with great sadness that we have terminated our contract with him. Nike does not condone the use of illegal performance-enhancing drugs in any manner," the company said.

Armstrong's story of not only recovering from testicular cancer that had spread to his lungs and brain but then winning the world's best-known bike race helped his foundation grow from a small operation in Texas into one of the most popular charities in the U.S.

THE ASSOCIATED PRESS

By the numbers

80M

In 2004 the Livestrong foundation introduced yellow bracelets, selling more than 80 million and creating a global symbol for cancer awareness and survivorship.

4 SPORTS

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MAJOR LEAGUE BASEBALL

LEAGUE CHAMPIONSHIP SERIES

(BEST-OF-7)

AMERICAN LEAGUE

N.Y. YANKEES VS. DETROIT

(Detroit leads series 3-0)

Wednesday's result
N.Y. Yankees at Detroit (ppd., rain forecast)
Tuesday's result
Detroit 2 N.Y. Yankees 1
Sunday's result
Detroit 3 N.Y. Yankees 0
Saturday's result
Detroit 6 N.Y. Yankees 4 (12 innings)
Thursday's game
N.Y. Yankees (Sabathia 15-6) at Detroit (Scherzer 16-7), 4:07 p.m.
Friday's game
x-N.Y. Yankees (Pettitte 5-4) at Detroit (Fister 10-10), TBA
Saturday's game
x-Detroit (Sanchez 4-6) at N.Y. Yankees (Kuroda 16-11), 8:07 p.m.
Sunday's game
x-Detroit (Verlander 17-8) at N.Y. Yankees (Sabathia 15-6), 8:07 p.m.

NATIONAL LEAGUE

SAN FRANCISCO VS. ST. LOUIS

(Series tied 1-1)
Wednesday's result
San Francisco at St. Louis
Monday's result
San Francisco 7 St. Louis 1
Sunday's result
St. Louis 6 San Francisco 4
Thursday's game
San Francisco (Zito 15-8) at St. Louis (Wainwright 14-13), 8:07 p.m.
Friday's game
San Francisco (Bumgarner 16-11) at St. Louis (Lynn 18-7), 8:07 p.m.
Sunday's game
x-St. Louis (Carpenter 0-2) at San Francisco (Vogelsong 14-9), 4:37 p.m.
Monday, October 22
x-St. Louis (Lohse 16-3) at San Francisco (Cain 16-5), 8:07 p.m.
x — played only if necessary.

LATE TUESDAY

TIGERS 2, YANKEES 1

N.Y. Yankees	ab	r	h	bi	Detroit	ab	r	h	bi
Gardner lf	4	0	0	0	Jackson cf	3	0	1	0
Suzuki rf	4	0	2	0	Berry lf	3	1	1	0
Teixeira 1b	4	0	1	0	Garcia ph-rf	1	0	1	0
Nix pr	0	0	0	0	Cabrera 3b	3	0	1	1
Cano 2b	4	0	1	0	Fielder 1b	3	0	0	0
Ibanez dh	4	0	0	0	Young dh	3	1	1	1
Martin c	3	0	0	0	Dirks rf-lf	3	0	0	0
Chavez 3b	3	0	0	0	Peralta ss	4	0	0	0
Granderson cf	3	0	0	0	Avila c	4	0	1	0
Nunez ss	3	1	1	1	Infante 2b	4	0	1	0
Totals	**32**	**1**	**5**	**1**	**Totals**		**31**	**2**	**7**	**2**

N.Y. Yankees						000	000	001	—1
Detroit						000	110	00x	—2

E—Chavez. LOB—Detroit 10, New York 4. DP—New York 1. 2B—Cabrera (1). HR—Young (2). Nunez (1). SB—Infante (1), Berry (1).

N.Y. Yankees	IP	H	R	ER	BB	SO
Hughes L, 0-1	3	3	1	1	3	1
Phelps	1	2	1	0	0	0
Rapada	2-3	0	0	0	1	0
Eppley	2-3	1	0	0	1	1
Logan	2 1-3	1	0	0	0	1
Chamberlain	1-3	0	0	0	0	0
Detroit						
Verlander W, 1-0	8 1-3	3	1	1	0	3
Coke S, 2	2-3	2	0	0	0	1

D.Phelps pitched to 2 batters in the 5th
PB—Martin. **Umpires**—Home, Sam Holbrook; First, Jeff Nelson; Second, Gary Cederstrom; Third, Mike Winters.
T—3:28. **A**—42,970 (41,255) at Detroit.

AHL

Wednesday's result
Peoria at Chicago
Tuesday's result
Binghamton 3 Rochester 1
Thursday's games
No Games Scheduled.
Friday's games — All Times Eastern
Adirondack at St. John's, 6 p.m.
Syracuse at Albany, 7 p.m.
Providence at Manchester, 7 p.m.
Worcester vs. Portland (at Lewiston, Maine), 7 p.m.
Wilkes-Barre/Scranton at Springfield, 7 p.m.
Hershey at Binghamton, 7:05 p.m.
Grand Rapids at Rochester, 7:05 p.m.
Toronto at Hamilton, 7:30 p.m.
Connecticut at Norfolk, 7:30 p.m.
Charlotte at Milwaukee, 8 p.m.
San Antonio at Oklahoma City, 8 p.m.
Texas at Houston, 8:05 p.m.
Rockford at Peoria, 8:05 p.m.
Chicago at Abbotsford, 10 p.m.

NBA

PRE-SEASON

Wednesday's results
Washington at Toronto
Cleveland at Philadelphia
Memphis at Houston
Phoenix at Dallas
Golden State at Sacramento
Denver at Portland
Utah at L.A. Clippers
Tuesday's results
Brooklyn 97 Boston 98
Chicago 100 Milwaukee 94
Detroit 112 Orlando 86
Indiana 102 Atlanta 98
Minnesota 114 Maccabi Haifa (Israel) 81
Oklahoma City 120 Charlotte 98
At Anaheim, Calif.
Utah 114 L.A. Lakers 80
Thursday's games — All Times Eastern
New Orleans at Atlanta, 7:30 p.m.
Detroit at Miami, 7:30 p.m.
Memphis vs. Milwaukee (at La Crosse, Wisc.), 8 p.m.
Boston at Brooklyn, 8 p.m.
Friday's games
New York vs. Toronto (at Montreal), 7 p.m.
Indiana at Orlando, 7 p.m.
Philadelphia at Brooklyn, 7:30 p.m.
Minnesota at Chicago, 8 p.m.
Phoenix vs. Oklahoma City (at Tulsa, Okla.), 8 p.m.
Sacramento vs. L.A. Lakers (at Las Vegas), 10 p.m.
Golden State at Portland, 10 p.m.

TENNIS

ATP-WTA KREMLIN CUP

At Moscow
Men
Singles — First Round
Konstantin Kravchuk, Russia, def. Evgeny Korolev, Kazakhstan, 6-4, 6-3.
Igor Sijsling, Netherlands, def. Michael Berrer, Germany, 7-6 (7), 6-3.
Women
Singles — First Round
Dominika Cibulkova (5), Slovakia, def. Ekaterina Makarova, Russia, 2-6, 6-4, 6-2.
Tsvetana Pironkova, Bulgaria, def. Varvara Lepchenko, U.S., 6-0, 7-6 (3).
Vesna Dolonc, Serbia, def. Galina Voskoboeva, Kazakhstan, 1-6, 6-1, 6-4.

ATP STOCKHOLM OPEN

At Stockholm
Singles
Second Round
Nicolas Almagro (3), Spain, def. Marius Copil, Romania, 6-4, 7-6 (4).
Ricardas Berankis, Lithuania, def. Florian Mayer (4), Germany, 4-6, 6-4, 6-2.
Mikhail Youzhny (6), Russia, def. Patrik Rosenholm, Sweden, 6-0, 6-2.
Lleyton Hewitt, Australia, def. Jarkko Nieminen (8), Finland, 7-6 (2), 2-6, 6-4.

WTA BNP LUXEMBOURG OPEN

At Luxembourg
Singles — First Round
Daniela Hantuchova, Slovakia, def. Arantxa Rus, Netherlands, 3-6, 6-4, 6-1.
Anne Keothavong, Britain, def. Kiki Bertens, Netherlands, 6-2, 6-2.
Ksenia Pervak, Kazakhstan, def. Vera Dushevina, Russia, 6-3, 7-6 (2).
Andrea Petkovic, Germany, def. Garbine Muguruza, Spain, 4-6, 6-2, 6-1.
Second Round
Lourdes Dominguez Lino, Spain, def. Magdalena Rybarikova, Slovakia, 6-2, 6-3.
Lucie Hradecka, Czech Republic, def. Annika Beck, Germany, 6-1, 6-1.
Doubles — Quarter-finals
Andrea Hlavackova and Lucie Hradecka (1), Czech Republic, def. Lara Arruabarrena-Vecino and Lourdes Dominguez Lino, Spain, 6-7 (2), 7-6 (8), 10-5.
Irina-Camelia Begu and Monica Niculescu (2), Romania, def. Kiki Bertens and Arantxa Rus, Netherlands, 6-4, 6-3.

ATP ERSTE BANK OPEN

At Vienna, Austria
Singles — First Round
Donald Young, U.S., def. Fabio Fognini (5), Italy, 7-6 (8), 6-3.
Dominic Thiem, Austria, def. Lukas Lacko, Slovakia, 7-6 (3), 6-3.
Ernests Gulbis, Latvia, def. Somdev Devvarman, India, 7-6 (6), 6-3.
Second Round
Juan Martin del Potro (1), Argentina, def. Daniel Brands, Germany, 6-7 (5), 7-6 (4), 7-6 (6).
Gilles Muller, Luxembourg, def. Jurgen Melzer (4), Austria, 6-3, 3-6, 7-6 (4).
Doubles — First Round
Julian Knowle, Austria, and Filip Polasek (2), Slovakia, def. Fabio Fognini, Italy, and David Marrero, Spain, 5-7, 6-4, 10-7.
Janko Tipsarevic, Serbia, and Alexander Waske, Germany, def. Matthew Ebden and Marinko Matosevic, Australia, 6-4, 6-3.

SOCCER

MLS

EASTERN CONFERENCE

	W	L	T	Pts	GF	GA
x-Kansas City	17	7	8	59	40	26
x-Chicago	17	10	5	56	45	39
D.C.	16	10	6	54	49	40
New York	15	9	8	53	54	46
Houston	13	8	11	50	45	38
Columbus	14	11	7	49	40	40
Montreal	12	15	5	41	45	50
Philadelphia	10	15	6	36	35	37
New England	7	17	8	29	37	44
Toronto	5	20	7	22	35	60

WESTERN CONFERENCE

	W	L	T	Pts	GF	GA
x-San Jose	19	6	7	64	69	40
x-Real Salt Lake	17	11	4	55	46	35
x-Seattle	14	7	10	52	48	31
x-Los Angeles	15	12	5	50	56	45
Vancouver	11	12	9	42	35	40
FC Dallas	9	12	11	38	39	42
Colorado	9	19	4	31	40	50
Portland	7	16	9	30	32	55
Chivas USA	7	17	8	29	22	54

x — clinched playoff berth.
Wednesday's result
Real Salt Lake at Seattle
Saturday's games — All Times Eastern
Montreal at Toronto, 1:30 p.m.
Kansas City at New York, 7 p.m.
Columbus at D.C., 7:30 p.m.
Chicago at New England, 7:30 p.m.
Philadelphia at Houston, 7:30 p.m.
Colorado at Chivas USA, 10:30 p.m.
Sunday's games
Portland at Vancouver, 7 p.m.
Los Angeles at San Jose, 7 p.m.
Dallas at Seattle, 9 p.m.

2014 WORLD CUP QUALIFYING

NORTH, CENTRAL AND CARIBBEAN ZONE

x — clinched berth in regional final

GROUP A

	GP	W	D	L	GF	GA	Pt
x-U.S.	6	4	1	1	11	6	13
x-Jamaica	6	3	1	2	9	6	10
Guatemala	6	3	1	2	9	8	10
Antigua	6	0	1	5	4	13	1

Tuesday's results
At Kingston, Jamaica
Jamaica 4 Antigua 1
At Kansas City, Kan.
U.S. 3 Guatemala 1

GROUP B

	GP	W	D	L	GF	GA	Pt
x-Mexico	6	6	0	0	15	2	18
x-Costa Rica	6	3	1	2	14	5	10
El Salvador	7	1	2	4	8	18	5
Guyana	5	0	1	4	5	17	1

Tuesday's results
At San Jose, Costa Rica
Costa Rica 7 Guyana 0
At Torreon, Mexico
Mexico 2 El Salvador 0

GROUP C

	GP	W	D	L	GF	GA	Pt
x-Honduras	6	3	2	1	12	3	11
x-Panama	6	3	2	1	6	2	11
Canada	**6**	**3**	**1**	**2**	**6**	**10**	**10**
Cuba	6	0	1	5	1	10	1

Tuesday's results
At San Pedro Sula, Honduras
Honduras 8 **Canada 1**
At Havana
Panama 1 Cuba 1

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	3	3	0	.500	188	137
N.Y. Jets	3	3	0	.500	133	141
Miami	3	3	0	.500	120	117
Buffalo	3	3	0	.500	137	192

SOUTH

	W	L	T	Pct	PF	PA
Houston	5	1	0	.833	173	115
Indianapolis	2	3	0	.400	100	145
Tennessee	2	4	0	.333	114	204
Jacksonville	1	4	0	.200	65	138

NORTH

	W	L	T	Pct	PF	PA
Baltimore	5	1	0	.833	161	118
Cincinnati	3	3	0	.500	149	163
Pittsburgh	2	3	0	.400	116	115
Cleveland	1	5	0	.167	134	163

WEST

	W	L	T	Pct	PF	PA
Denver	3	3	0	.500	170	138
San Diego	3	3	0	.500	148	137
Oakland	1	4	0	.200	87	148
Kansas City	1	5	0	.167	104	183

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	4	2	0	.667	178	114
Philadelphia	3	3	0	.500	103	125
Washington	3	3	0	.500	178	173
Dallas	2	3	0	.400	94	119

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	6	0	0	1.000	171	113
Tampa Bay	2	3	0	.400	120	101
Carolina	1	4	0	.200	92	125
New Orleans	1	4	0	.200	141	154

NORTH

	W	L	T	Pct	PF	PA
Chicago	4	1	0	.800	149	71
Minnesota	4	2	0	.667	146	117
Green Bay	3	3	0	.500	154	135
Detroit	2	3	0	.400	126	137

WEST

	W	L	T	Pct	PF	PA
Arizona	4	2	0	.667	110	97
San Francisco	4	2	0	.667	152	94
Seattle	4	2	0	.667	110	93
St. Louis	3	3	0	.500	110	111

WEEK SIX

Monday's result
Denver 35 San Diego 24
Sunday's results
Miami 17 St. Louis 14
Baltimore 31 Dallas 29
Atlanta 23 Oakland 20
Tampa Bay 38 Kansas City 10
N.Y. Jets 35 Indianapolis 9
Detroit 26 Philadelphia 23
Cleveland 34 Cincinnati 24
Seattle 24 New England 23
Buffalo 19 Arizona 16
Washington 38 Minnesota 26
N.Y. Giants 26 San Francisco 3
Green Bay 42 Houston 24
Thursday, October 11
Tennessee 26 Pittsburgh 23

WEEK SEVEN

Thursday's game
All Times Eastern
Seattle at San Francisco, 8:20 p.m.
Sunday's games
Tennessee at Buffalo, 1 p.m.
Baltimore at Houston, 1 p.m.
Cleveland at Indianapolis, 1 p.m.
Arizona at Minnesota, 1 p.m.
Dallas at Carolina, 1 p.m.
Green Bay at St. Louis, 1 p.m.
Washington at N.Y. Giants, 1 p.m.
New Orleans at Tampa Bay, 1 p.m.
Jacksonville at Oakland, 4:25 p.m.
N.Y. Jets at New England, 4:25 p.m.
Pittsburgh at Cincinnati, 8:20 p.m.
Monday, October 22
Detroit at Chicago, 8:30 p.m.

CFL

WEEK 16

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Montreal	15	9	6	0	406	417	18
Toronto	15	7	8	0	339	381	14
Hamilton	15	5	10	0	438	481	10
Winnipeg	15	4	11	0	295	460	8

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
x-B.C.	15	11	4	0	402	288	22
x-Calgary	15	9	6	0	430	350	18
Saskatchewan	15	8	7	0	397	327	16
Edmonton	15	7	8	0	351	354	14

Saturday's results
Calgary 32 Winnipeg 21
Edmonton 37 Saskatchewan 20
Sunday's result
Montreal 24 Toronto 12
WEEK 17
Friday's games — All Times Eastern
Winnipeg at Toronto, 7 p.m.
Edmonton at B.C., 10 p.m.
Saturday's games
Montreal at Saskatchewan, 3:30 p.m.
Hamilton at Calgary, 7 p.m.

TRANSACTIONS

MLB

AMERICAN LEAGUE

DETROIT TIGERS — Traded RHP Marcelo Carreno to the Chicago Cubs to complete an earlier trade.
TORONTO BLUE JAYS — Claimed OF Scott Cousins off waivers from Miami and RHP Cory Wade from the N.Y. Yankees.

NATIONAL LEAGUE

MILWAUKEE BREWERS — Announced RHP Livan Hernandez and C Yorvit Torrealba have refused outright assignments and elected to become free agents.

CFL

LEAGUE OFFICE — Fined Hamilton DB Dee Webb an undisclosed amount for his actions during Friday's game.
TORONTO ARGONAUTS — Added DL Adriano Belli to the practice roster.

NHL

DALLAS STARS — Assigned D Hubert Labrie to Idaho (ECHL).
TORONTO MAPLE LEAFS — Assigned F Sam Carrick to Idaho (ECHL).

Horoscopes

♈ Aries
March 21 - April 20
Something apparently random will happen today but if you look a little closer and dig a little deeper, you will find there is a reason for it. Could it be someone is trying to disrupt your plans? Yes it could.

♉ Taurus
April 21 - May 21
Try not to make too big a deal of your differences with neighbours and work colleagues. The more you focus on negative things, the more power you give them. Remember: Laughter is usually the best healer.

♊ Gemini
May 22 - June 21
Promise yourself now that no matter what happens over the next 24 hours, you will not overreact. Take life as it comes and make the best of whatever situation you happen to find yourself in. No, the world isn't ending.

♋ Cancer
June 22 - July 23
You are finding it hard to cope with changes that are not of your making. The good news is that someone you meet today will cheer you up and brighten your outlook considerably. Stop worrying about little things.

♌ Leo
July 24 - Aug. 23
What at first looks like a setback will later reveal itself to be good fortune in disguise. Little things may go wrong in the short term, but over the longer haul they usually come right for you. Life's like that.

♍ Virgo
Aug. 24 - Sept. 23
No one is perfect, least of all you. The mistake you are making is that you want to live up to standards that are too high to maintain for more than a few minutes, even for a Virgo. You're only human.

♎ Libra
Sept. 24 - Oct. 23
Don't make too many plans over the next few days because you will most likely have to change them when the Sun leaves your sign on the 23rd. The best plan is no plan at all. Take each moment as it comes.

♏ Scorpio
Oct. 24 - Nov. 22
You may feel a bit insecure but the good news is this phase will pass — and soon. In a matter of days, you will realize you had nothing to worry about. Life is good and getting better by the minute.

♐ Sagittarius
Nov. 23 - Dec. 21
For some reason, you don't want others to know what you have been up to. Was it really that bad? Don't be too secretive though or you may arouse the curiosity of rivals as well as friends — and that's dangerous.

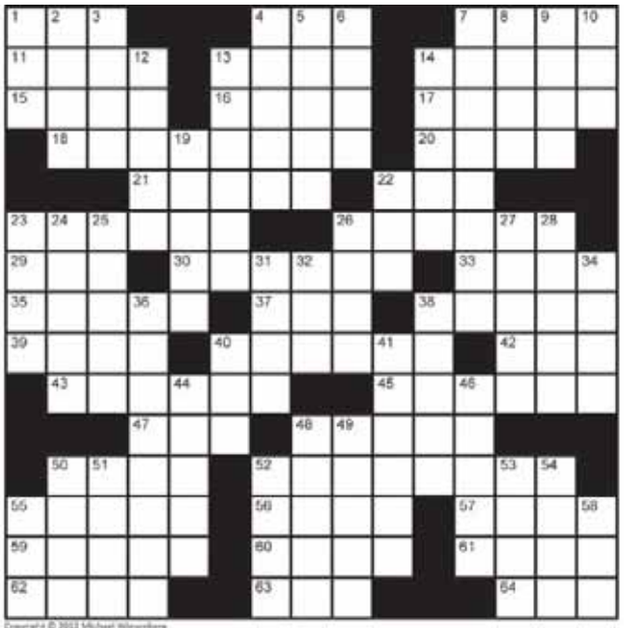
♑ Capricorn
Dec. 22 - Jan. 20
You will come into some interesting information today, the kind of information that you may be able to use to make yourself look good. But you must not use it to make someone else look bad — that's not nice.

♒ Aquarius
Jan. 21 - Feb. 19
You have nothing to prove. No, really, nothing at all. Both at home and at work, the people who count know what you can do and know that you will never let them down. That's not the Aquarian way.

♓ Pisces
Feb. 20 - March 20
Use your good-natured charm to convince a friend or colleague that they really should change their ways for the better. You don't have to come over all moralistic about it but you do need to highlight their errors. SALLY BROMPTON

Start With a Motoring Group

BY MICHAEL WIESENBERG



Across
1. Canadian map dispensers: initialism
4. ___ la la
7. Pit at a rock concert
11. A/C capacity measures
13. Like most colleges
14. Christmas visitor
15. Pepsi or Coke
16. Scots Gaelic
17. Fields of learning
18. Alberta's second-largest city
20. Clenched hand
21. Chose to join, with "in"
22. Bring home after expenses
23. Middle Eastern market
26. Harper group
29. Pub favorite
30. PM Pearson
33. Cat's call
35. Bums
37. Fib
38. Earth or land: Fr.
39. Breaking waves
40. Northern Canada land feature
42. "A girl" or "a boy" preceder
43. More moronic
45. ___ *Goes to Camp:* 1987 Jim Varney comedy
47. Gay Nineties or Roaring Twenties
48. Mr. ____: nearsighted cartoon character with Jim Backus's voice
50. Baseball team
52. Ontario neighbour
55. Lack of fighting
56. One of many on a computer desktop
57. William Lyon Mackenzie ___: 10th PM
59. Eggs on
60. "Told you I could do it!"
61. "Fifth Avenue" store
62. Audience's expressions of disapproval
63. Foot digit
64. Occupied a chair

Down
1. *This Hour Has 22 Minutes* network
2. Dip ___ in the water: test bath temperature (2 wds.)
3. "We'll take a cup of kindness yet for ___ lang syne"
4. Cake often made with ground nuts
5. Do a lawn job
6. Mideast Gulf
7. ___ Provinces: they're on the Atlantic
8. Individual units
9. Baseball figure, for short
10. Owns
12. American ___: Pacific Ocean territory
13. Midpoint
14. Toronto-born *60 Minutes* regular Morley
19. October birthstones
22. And not
23. Comments often uttered by Ebenezer Scrooge
24. Audible
25. Striped equine
26. Started a golf hole, with "off"
27. Like many a Stephen King novel
28. Alphabetizes, for example
31. Aspersion
32. *Cat on a Hot ___ Roof*
34. AB's and BC's place in Canada, directionally
36. Transgressions
38. Fortune teller's 22-card deck
40. Black or green drink
41. Provincial capital whose name means "queen"
44. Forest constituents
46. Breakfast spots
48. Chinese gambling mecca west of Hong Kong
49. Negative end of a battery
50. Rome's fiddling emperor
51. Othello's betrayer
52. Catcher's glove
53. Slant
54. Ottawa-born singer of Lonely Boy
55. Tavern
58. Canada's national levy, for short

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

		7				3	2	
6	8						4	
			9		5	1		
		8			1	9		5
			4		3			
3		6	8			4		
		2	6		7			
	1						9	4
	6	5				7		

Yesterday's Sudoku

1	9	3	5	2	4	7	6	8
8	4	6	9	1	7	3	2	5
5	2	7	3	6	8	9	1	4
9	3	5	2	7	6	4	8	1
2	1	8	4	9	5	6	3	7
7	6	4	8	3	1	2	5	9
3	5	1	6	4	9	8	7	2
4	7	2	1	8	3	5	9	6
6	8	9	7	5	2	1	4	3

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